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Legion

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contents

September 2018 • Vol. 185, No. 3

22 Genesis of The American Legion

Plattsburgh-trained founders believed in a proud and prepared nation. *By Mark Seavey*

32 The Art of War

Montana Legionnaire August Uhl presents veterans' stories in their own words, vividly illustrated. *By Matt Grills*

34 Friends in High Places

The United States and its allies should help Iraq's Kurds realize their dream of independence.

By Alan W. Dowd

42 Mind, Body & Soul

American Legion posts host yoga sessions for veterans grappling with PTSD. *By Henry Howard*

WHITE BIRD MINI-ROMP

Road captain Danny Medford leads a Legion Riders mini-romp up White Bird Hill in central Idaho to kick off a weekend of fundraising, membership recruitment and fun at recently formed American Legion Post 152. The June 29-30 mini-romp and second annual crawdad boil saw Post 152's membership (92) exceed the town's population (91). Go to legion.org for a story and photo gallery. *Photo by Tommy Martino*

5 Vet Voice

8 Commander's Message

10 I Am The American Legion

12 Big Issues

14 Living Well

18 Travel

20 Veterans Update

46 Rapid Fire

58 Comrades

60 Parting Shots

ON THE COVER

Marine Corps veteran Michael Stickley teaches a class at Soaring Spirit Yoga Studio in Occoquan, Va. *Photo by Justin T. Gellerson*



The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2 million members. These wartime veterans, working through 13,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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'A Relentless Tragedy'

Regarding Ken Olsen's article (July), except for a bad case of jungle rot, I thought I had endured my year of Army service in Vietnam virtually unscathed – until I was diagnosed with type 2 diabetes, then peripheral neuropathy in all four extremities, high blood pressure and now Parkinson's-like symptoms.

I thank the veterans organizations and the National Veterans Legal Services Program for all their efforts and the lawsuit that secured our entitlements from Agent Orange exposure. My rating started at 20 percent, then up to 40, 60, 90, and finally 100 percent total. It took years of appeals and re-evaluations to get there. I encourage others to have patience and determination, and to get help from veterans service officers with their claims.

– John D. Boniol, Portland, Tenn.

I would like to thank Ken Olsen for his article on Agent Orange. I am one of the many Blue Water Navy vets (prostate cancer, high blood pressure, rare blood disorder, three Down syndrome children) who has been repeatedly denied Agent Orange benefits.

– James Stecik, Plum, Pa.

This article on Agent Orange brought up all the pain and frustration of dealing with VA. I was diagnosed years ago with polycythemia vera but was rejected by VA because it was not on the presumptive list.

– Richard Hallowell, Santee, Calif.

My wife and I served overseas with the 824th Combat Support Group at Kadena Air Base in Okinawa in direct support of the Vietnam War between 1968 and 1971. We have been on appeal with VA for years for medical conditions related to direct exposure to herbicides,

including Agent Orange at Kadena, and are working with our VA-accredited attorney. The U.S. government still denies that Agent Orange was stored and used on Okinawa.

– Allan I. Davis, Prescott, Ariz.

Ken Olsen is to be commended for an accurate and informative report on VA's denial of benefits, the VA disability board's reluctance to accept the facts of Agent Orange exposure to airmen serving at Thai air bases during the Vietnam War, and the damage it has done.

Thousands of airmen were assigned to flight lines and the support of air crews where Agent Orange was stored, handled, transported and dispensed. I was one of them, assigned to the flight line at Takhli Royal Thai Air Force Base in 1967 and 1968. My duties included delivering equipment and material to the



various aircraft, which included C-123s, B-66s and F-105 fighters. The exposure to Agent Orange was daily, and driving near the heavily saturated perimeter was an additional threat.

Several letters to various representatives have had little effect on a change of direction for VA. I am on my fourth denial of benefits, despite verification of my assignment, VA doctors diagnosing and treating my neuropathy, and my VA service officer documenting difficulties from Agent Orange exposure.

Hopefully this article will persuade Congress to have the VA disability board reconsider its policy of “delay and deny.”

— John Gessick, Pottsboro, Texas

I just received my third denial of benefits for Agent Orange exposure from VA. According to data I have, I was in Vietnam when the heaviest spraying occurred. While I am more fortunate than some veterans, I do suffer from hypothyroidism, high blood pressure, prostate problems, and a never-ending skin rash. Others suffer the same. Yet VA continually denies us benefits.

— Mark Schwartz, Boynton Beach, Fla.

I spent three years in Vietnam, but my DD 214 says I was on a ship. The problem is that that document doesn't tell where you started, only where you ended up, and that's sometimes nowhere near Vietnam.

VA has made me fill out enough paperwork to fill a briefcase. The article is correct in that it has not added any new

diseases. VA is sticking to its guns. Three times I've applied, and three times I've been denied. I am on my fourth request. VA wants more proof, and yet the proof I have is not good enough even though it is on the lists of approved ships, places and diseases.

— James S. Brockman, McDonald, Pa.

Here in central Florida, VA is wonderful and put its own claim in for me for being in an Agent Orange drop zone. I have diabetes, high blood pressure and neuropathy; all are service-connected. Don't give up.

— Robert A. Rimini, St. Cloud, Fla.

The president's 2019 budget

I was shocked to read the op-ed from Rep. Linda Sánchez (Big Issues, July). I can't believe we have people in Congress who don't understand the proper role of government, which is to protect our God-given rights.

She talks about how cuts in federal spending for welfare programs will hurt people. To begin with, the government has no responsibility whatsoever to provide anything for anyone. There should be NO welfare benefits for anyone. People will say that is cold-hearted. But welfare for those truly in need (the infirm, aged, disabled) should be taken care of by their own families or charities devoted specifically to that purpose, where funds are voluntary.

The problem with using taxes to pay for the support of anyone is that it is confiscatory grand larceny. You don't have a choice of whether you want to provide

that funding or not. You don't pay it, you go to prison.

Our nation has \$140 trillion in debt and unfunded obligations. We are virtually bankrupt. That is debt we will never be able to pay off. And we are going further in debt every day.

The reason we are here is because of representatives like Sánchez, who doesn't have a clue what it is our government should be doing. California is the worst example of all.

— Jim Green, Heber City, Utah

A GI Bill-educated family

Thank you for honoring the contributions of the GI Bill (Commander's Message, June). I would ask that you include mention of the Vietnam-era GI Bill as transformative, too. It was my ticket to college, which I began in January 1967. Thirteen years later, I emerged with a B.A., M.A. and M.Phil. The GI Bill contributed financially to my B.A. The other degrees would not have been possible without the initial support of the GI Bill.

Later, as an anthropology professor, I taught veterans from Desert Storm, Desert Shield, Iraq and Afghanistan who were attending college on the GI Bill. I should add that my father earned his degree as a World War II veteran on the GI Bill. A GI Bill-educated family, us.

— Jack Bernhardt, Hillsborough, N.C.

Editor's note: In the recap of the National Executive Committee's 2018 Spring Meetings (Rapid Fire, July), the Quilts of Valor organization was misidentified as Quilts of Honor.

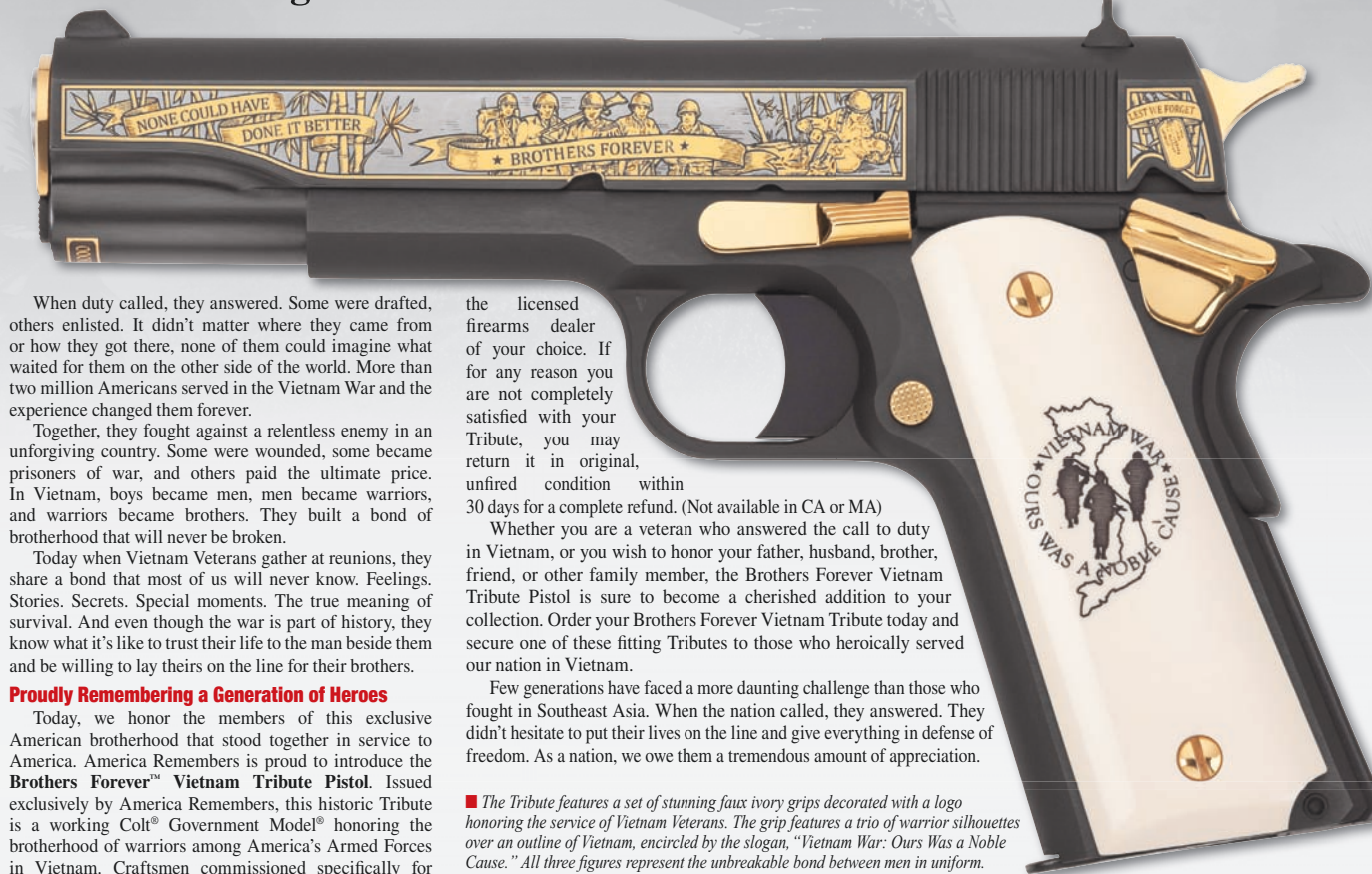
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When duty called, they answered. Some were drafted, others enlisted. It didn't matter where they came from or how they got there, none of them could imagine what waited for them on the other side of the world. More than two million Americans served in the Vietnam War and the experience changed them forever.

Together, they fought against a relentless enemy in an unforgiving country. Some were wounded, some became prisoners of war, and others paid the ultimate price. In Vietnam, boys became men, men became warriors, and warriors became brothers. They built a bond of brotherhood that will never be broken.

Today when Vietnam Veterans gather at reunions, they share a bond that most of us will never know. Feelings. Stories. Secrets. Special moments. The true meaning of survival. And even though the war is part of history, they know what it's like to trust their life to the man beside them and be willing to lay theirs on the line for their brothers.

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Few generations have faced a more daunting challenge than those who fought in Southeast Asia. When the nation called, they answered. They didn't hesitate to put their lives on the line and give everything in defense of freedom. As a nation, we owe them a tremendous amount of appreciation.

■ The Tribute features a set of stunning faux ivory grips decorated with a logo honoring the service of Vietnam Veterans. The grip features a trio of warrior silhouettes over an outline of Vietnam, encircled by the slogan, "Vietnam War: Ours Was a Noble Cause." All three figures represent the unbreakable bond between men in uniform.



■ The left side of the slide features banners reading, "None Could Have Done It Better," and "Brothers Forever," set among familiar scenes of warriors serving in Vietnam against a forest of bamboo. Bamboo is common in Vietnam and was included as a symbol of Vietnam on the Vietnam Service Medal which was awarded to those who served.

■ The center image features a group of warriors standing together. The man on the far left is carrying a portable radio and the soldier in the center carries a M60 machine gun slung over his shoulder. It didn't matter the assignment, from patrols through the remote jungle, or a tight-knit company defending a small firebase, you can sense the deep personal connection between the men. The image to the right features a fellow soldier attending an injured warrior. In tough situations, friendship, loyalty, and words of encouragement could keep hope alive.



■ The right side features two soldiers aiding a wounded comrade while another covers their backs with his M-16. The image captures the strength of a unit working as one. In the heat of battle men depend on each other. It's a special trust that only veterans can fully understand. Also featured are banners honoring those who served in Vietnam. When the nation called, they answered.

■ Each side features banners that read, "Lest We Forget," along with powerful icons familiar to any Vietnam Veteran. One features a set of dog tags, the gleaming metal identification tags of those who serve in America's military, and a pair of empty combat boots.



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Time to share the message of our mission

E. Roy Stone Jr. of South Carolina never ran for national commander of The American Legion. For most of a half-century, he instead led from a secluded but important duty station, as chairman of the National Executive Committee's Subcommittee on Resolutions. From that seat, which he held from 1956 until 2001 – his final year among us – the World War II Navy veteran reviewed an armada of proposals, legislative policies, organizational changes, contracts, program developments, fundraisers and financial matters. Of each one, he asked a simple question: "Is it good for The American Legion?"

Obvious as it seems, that seven-word litmus test made people think. Out of it came such developments as the National Emergency Fund, recognition of post-traumatic stress disorder as a service-connected condition, support for a constitutional amendment to protect the flag, funding for the Vietnam Veterans Memorial, introduction of our national website, establishment of the Family Support Network and much more.

The American Legion's mission can be hard to summarize. Under each pillar – veterans, defense, youth and Americanism – come thousands of activities. And, because no two communities are alike, fulfillment of the mission might mean a local post runs the county ambulance service, offers an after-school tutoring program, volunteers at a well-baby clinic, organizes the local rodeo or provides winter boots for schoolchildren.

From hurricanes to hungry children, the American Legion Family steps up in times of crisis. I think back to a year ago, when Hurricane Harvey roared across Texas. Post 658 in Crosby sheltered 375 evacuees and in a three-week period served 9,574 hot meals and distributed supplies to 2,527 who were stranded. "I'm so grateful to these people," said Leonardo Garcia, choking back emotion, after he took refuge at Post 658 with his family, which barely escaped their vehicle before floodwaters swept it away.

As wartime veterans, we know that associating ourselves together for such purposes is good for the communities we assist, and it's good for The American Legion. No advertising campaign or social media blitz can compare to the sheer power of an American Legion Family uniting to offer a homeless veteran a meal, a jobless veteran an opportunity, a disabled veteran a wheelchair ramp, a disaster victim some clean clothes or a needy child something new to unwrap at Christmas.

As our organization celebrates its centennial over the coming year, thousands of posts will have an opportunity to put the Legion's mission in the spotlight. I hope that as the true story of our legacy and vision is shared around the world, and opportunities arise to make positive differences in communities, we remember that out of new ideas can come life-changing programs that, in the Legion's case, are held together by timeless values and the common bond of military service.

As long as children need mentors, veterans need advocates, disasters need relief, troops need support and communities need patriotism, the opportunities are limitless over the next century as long as we work together in the American Legion Family, find needs and fulfill them, showing everyone just what we've been doing for the past 100 years.

Denise H. Rohan



National Commander
Denise H. Rohan

MEMORANDA WHITE PAPER REPORT

The American Legion's "Veteran Suicide: A White Paper Report" provides analysis and recommendations to help prevent and reduce veteran suicide in the United States. To read or download the report, visit www.legion.org/publications and scroll to the Veterans Affairs & Rehabilitation section.

SYSTEM WORTH SAVING

The American Legion's System Worth Saving report for the period ending July 1, 2018, is now available online at www.legion.org/publications. The document provides reports from 11 VA site visits across the country, identifying best practices and remaining challenges, from adequate facility space to recruitment and retention of nurses and doctors.

DISASTER PREPAREDNESS

September is National Preparedness Month, and The American Legion National Headquarters offers guidance on how local posts can assist their communities at www.legion.org/publications. Further information about the Legion's role in times of crisis is online at www.legion.org/emergency.

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BRIAN GALARZA

"... there are still veterans out there who have never been found, or their remains have never been recovered. To me, the table means we need to bring them home."

For Brian Galarza, memories of his brother's return from the Vietnam War are a regular reminder of all those U.S. servicemembers who didn't come home – and whose families were left to wonder what became of their loved ones.

A 21-year Army veteran and fleet service clerk for American Airlines at John F. Kennedy International Airport in New York, Galarza decided to set up a POW-MIA table in the employee break room – a table that was eventually placed at Terminal 8, Gate 12, known as JFK's "veterans gate."

"I always said I was going to support the POWs/MIAs, the ones who never returned," Galarza says. "So I took it upon myself when I started working at American (in 2016) to set up a table in our break room at the airport. Once I set that table up, people were questioning me about what it meant."

Shortly afterward, airline management decided to move the table to a more prominent location. "It meant a lot as a veteran that (American Airlines) was supporting veterans," he says.

Galarza, a 17-year Legionnaire, says he's proud to be part of an organization that advocates for POWs, MIAs and their families. "It settles the minds of those families that we're still out there looking for them," he says. "It's a voice to ensure that the (government) knows that POWs and MIAs are not forgotten."

– Steve B. Brooks

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Watch an interview of Brian Galarza online:

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Rollback of banking regulations



SUPPORT

Sen. Mike Crapo, R-Idaho

■ Crapo is chairman of the Senate Banking Committee.

As chairman of the Banking Committee, I introduced the Economic Growth, Regulatory Relief and Consumer Protection Act (S. 2155), a bipartisan bill that right-sizes regulations for Main Street institutions and increases protections for consumers. In May, President Trump signed it into law.

At its core, S. 2155 makes it easier to get mortgages and obtain credit. It also increases protections for consumers who fall on hard financial times or are victims of fraud, including veterans.

The law prevents credit bureaus from placing negative information on veterans' credit scores for one year – due to mix-ups in Choice program payments – so they will no longer see their credit scores damaged due to failures beyond their control. It permanently extends the Protecting Tenants at Foreclosure Act so that servicemembers returning from military service will be protected from foreclosures. It also protects veterans from predatory lending by requiring lenders to demonstrate a material benefit to consumers when refinancing a mortgage insured by VA.

In response to the 2017 Equifax data breach, the law provides free credit freezes to all consumers. Given their frequent changes of station and deployments, active-duty military personnel are particularly vulnerable to identify theft. So the bill expands protections by requiring the consumer reporting agencies to provide free, ongoing credit monitoring for personnel who request it.

This law's passage proves that despite intense political polarization in Congress we can work together to deliver results for the nation. It will allow financial institutions to better serve those who serve, giving smaller financial institutions and their military customers more breathing room.



OPPOSE

Rep. Raja Krishnamoorthi, D-III.

■ Krishnamoorthi is a member of the House Committee on Education and the Workforce.

Only 10 years ago, due largely to a lack of transparency and accountability in our financial system, millions of everyday Americans saw their savings disappear. Tens of thousands of working families, senior citizens and veterans paid the price for the irresponsible actions of others.

In the aftermath of the Great Recession, Congress passed a number of laws prohibiting risky behavior by financial institutions – the exact same type of behavior that played a role

in the financial meltdown. These laws created greater transparency, as well as checks and balances on financial institutions that have a significant effect on the health of our economy. Unfortunately, in May, Congress passed S. 2155, legislation that repeals many of these safeguards.

I voted against that bill because it significantly reduces regulatory oversight of large banks. It excludes all banks with less than \$10 billion in assets from the Volcker Rule, which was aimed at preventing proprietary trading. Its housing and mortgage provisions are harmful to homebuyers, especially those purchasing manufactured homes and customers of smaller or rural banks. And it includes provisions that could accelerate appraisal fraud, reduce escrow protections, and allow expensive bait-and-switch schemes at mortgage closings. In addition, the bill creates harmful exceptions to the Home Mortgage Disclosure Act, which prevents discrimination in lending.

It's only been 10 years since we learned a painful lesson about the need to implement and sustain safeguards to protect U.S. investors and consumers. To avert another financial crisis, and to continue strengthening the U.S. economy, we need sensible oversight in our financial system.

THE HEART OF THE ISSUE

Supporters say the rollback of banking regulations provides better protection for consumers, including servicemembers and veterans. Critics say the new law reduces transparency and oversight of financial institutions.

CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

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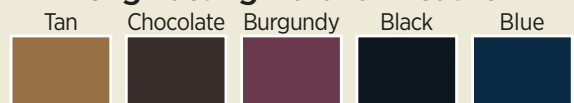
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By the numbers

56 Percent of Americans who say prescription medicines developed in the past 20 years have improved their lives

55 Percent who report taking at least one prescription medicine

22 Percent who report taking four or more prescription medicines

73 Percent taking prescription medicines who say affording them is easy

Source: Kaiser Family Foundation



Media Bakery

Reduce your risk of pneumonia

BY BETH W. ORENSTEIN

Every year, about 1 million Americans are treated in hospitals for pneumonia. It's the second most common cause of hospitalizations in the country. Most people who get pneumonia are older than 65, but children and younger adults can get it as well.

When you have pneumonia, the air sacs in your lungs fill with fluid or pus, making breathing difficult. You can get pneumonia in one or both of your lungs. Bacteria is the most common cause of pneumonia, but it can also be caused by viruses and fungi.

You can have pneumonia and not know it, says MeiLan Han, associate professor of medicine in the Division of Pulmonary & Critical Care Medicine at the University of Michigan and a spokeswoman for the American Lung Association. "If your pneumonia is really mild, you might think you just have a cold," she says.

Depending on your age, health and type of pneumonia, symptoms can be severe. They include high fever; coughing up greenish, yellowish or bloody mucus; chills that can cause you to shake; sharp or stabbing chest pain; difficulty catching your breath; extreme fatigue; and little or no appetite.

Some people, especially older ones, may even experience confusion when they have pneumonia, Han adds.

TREATMENT Treatment depends on the cause of your pneumonia. If you have a viral respiratory infection, in most cases all you can do is treat your viral symptoms with fluids, rest and medication to relieve pain and reduce fever. Viral pneumonia frequently resolves on its own after about a week, Han says.

Bacterial pneumonia can be treated with antibiotics. Some people can be given oral antibiotics and treated at home, while others may need IV antibiotics and hospitalization. Bacterial pneumonia can become life-threatening if not treated. Without antibiotics, bacterial pneumonia can cause an abscess in the lung or a blood infection.

People who have weakened immune systems from cancer treatment, HIV or other conditions may be more susceptible to fungal pneumonia, which is treated with antifungal therapies.

Pneumonia generally responds well to treatment, Han says. You should feel better in about a week, although you may be tired for as long as a month. While you may feel better, it could be six to eight weeks until your pneumonia is gone.

Working with your doctor and following directions for treatment will speed your recovery.

See **PNEUMONIA** on page 17



Media Bakery

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

For people with unresectable Stage III non-small cell lung cancer (NSCLC) whose disease has not progressed following concurrent chemoradiation therapy

THE OPPORTUNITY TO SIGNIFICANTLY REDUCE THE CHANCE OF STAGE 3 LUNG CANCER SPREADING IS A POWERFUL THING

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IMFINZI may not work for everyone. When attacking cancer cells, IMFINZI may also affect healthy cells.

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*In a clinical trial, the median time tumors did not grow or spread was 16.8 months for the 476 patients receiving IMFINZI compared with 5.6 months for the 237 patients receiving placebo. Median is the middle number in a group of numbers arranged from lowest to highest. Individual results may vary. Overall survival comparison is not yet available. The trial is still ongoing.

Ask your doctor about IMFINZI today.

VISIT IMFINZI.COM

WHO IS IMFINZI FOR?

IMFINZI® (durvalumab) is a prescription medicine used to treat a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, and has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy. It is not known if IMFINZI is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system. IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or if these symptoms get worse:

Lung problems (pneumonitis). Signs and symptoms may include new or worsening cough, shortness of breath, and chest pain.

Liver problems (hepatitis). Signs and symptoms may include yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), drowsiness, dark urine (tea colored), bleeding or bruising more easily than normal, and feeling less hungry than usual.

Intestinal problems (colitis). Signs and symptoms may include diarrhea or more bowel movements than usual; stools that are black, larry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness.

Hormone gland problems (especially the thyroid, adrenals, pituitary, and pancreas). Signs and symptoms that your hormone glands are not working properly may include headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; feeling more hungry or thirsty than usual; hair loss; feeling cold; constipation; your voice gets deeper; urinating more often than usual; nausea or vomiting; stomach-area (abdomen) pain; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include decrease in the amount of urine, blood in your urine, swelling of your ankles, and loss of appetite.

Skin problems. Signs may include rash, itching, and skin blistering.

Problems in other organs. Signs and symptoms may include neck stiffness; headache; confusion; fever; chest pain, shortness of breath, or irregular heartbeat (myocarditis); changes in mood or behavior; low red blood cells (anemia); excessive bleeding or bruising; muscle weakness or muscle pain; blurry vision, double vision, or other vision problems; and eye pain or redness.

Severe infections. Signs and symptoms may include fever, cough, frequent urination, pain when urinating, and flu-like symptoms.

Severe infusion reactions. Signs and symptoms may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, fever, feeling like passing out, back or neck pain, and facial swelling.

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI if you have severe side effects.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant; have lung or breathing problems; have liver problems; or are being treated for an infection.

If you are pregnant or plan to become pregnant, tell your healthcare provider. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about which birth control methods to use. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

If you are breastfeeding or plan to breastfeed, tell your healthcare provider. It is not known if IMFINZI passes into breast milk. Do not breastfeed during treatment with IMFINZI and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take. This includes prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects (see earlier).

The most common side effects in people with non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs (pneumonitis), upper respiratory tract infections, shortness of breath, and rash.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your healthcare provider for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of complete Prescribing Information on adjacent page.

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IMPORTANT INFORMATION ABOUT IMFINZI® (im-FIN-zee) (durvalumab) INJECTION



WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse:

Lung problems (pneumonitis). Signs and symptoms of pneumonitis may include:

- new or worsening cough
- shortness of breath
- chest pain

Liver problems (hepatitis). Signs and symptoms of hepatitis may include:

- yellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- drowsiness
- dark urine (tea colored)
- bleeding or bruising more easily than normal
- feeling less hungry than usual

Intestinal problems (colitis). Signs and symptoms of colitis may include:

- diarrhea or more bowel movements than usual
- stools that are black, tarry, sticky, or have blood or mucus
- severe stomach area (abdomen) pain or tenderness

Hormone gland problems (especially the thyroid, adrenals, pituitary and pancreas).

Signs and symptoms that your hormone glands are not working properly may include:

- headaches that will not go away or unusual headaches
- extreme tiredness
- weight gain or weight loss
- dizziness or fainting
- feeling more hungry or thirsty than usual
- hair loss
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- feeling cold
- constipation
- your voice gets deeper
- urinating more often than usual
- nausea or vomiting
- stomach area (abdomen) pain

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include:

- decrease in the amount of urine
- blood in your urine
- swelling of your ankles
- loss of appetite

Skin problems. Signs of these problems may include:

- rash
- itching
- skin blistering

(continued)

Problems in other organs. Signs and symptoms may include:

- neck stiffness
- headache
- confusion
- fever
- chest pain, shortness of breath, or irregular heartbeat (myocarditis)
- changes in mood or behavior
- low red blood cells (anemia)
- excessive bleeding or bruising
- muscle weakness or muscle pain
- blurry vision, double vision, or other vision problems
- eye pain or redness

Severe infections. Signs and symptoms may include:

- fever
- cough
- frequent urination
- pain when urinating
- flu-like symptoms

Severe infusion reactions. Signs and symptoms of severe infusion reactions may include:

- chills or shaking
- itching or rash
- flushing
- shortness of breath or wheezing
- dizziness
- fever
- feel like passing out
- back or neck pain
- facial swelling

Getting medical treatment right away may help keep these problems from becoming more serious.

Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI, if you have severe side effects.

WHAT IS IMFINZI?

IMFINZI is a prescription medicine used to treat:

- a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC:
 - has not spread outside your chest
 - cannot be removed by surgery, **and**
 - has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- are being treated for an infection
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an

(continued)

effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

HOW WILL I RECEIVE IMFINZI?

- Your healthcare provider will give you IMFINZI into your vein through an intravenous (IV) line over 60 minutes.
- IMFINZI is usually given every 2 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will test your blood to check you for certain side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI?

IMFINZI CAN CAUSE SERIOUS SIDE EFFECTS, INCLUDING:

SEE "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?"

The most common side effects of IMFINZI in people with NSCLC include:

- cough
- feeling tired
- inflammation in the lungs (pneumonitis)
- upper respiratory tract infections
- shortness of breath
- rash

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of IMFINZI.

Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF IMFINZI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about IMFINZI, talk with your healthcare provider. You can ask your healthcare provider for information about IMFINZI that is written for health professionals.



Manufactured for:

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Photo courtesy NEADS

Veteran's best friend

Service dogs can be trained to do anything from pushing buttons to sniffing out an infection.

BY STEPHANIE BOUCHARD

Just by being themselves, dogs offer love and companionship. Add in some specialized training, and our sometimes-goofy companions become something almost miraculous: helpmates for those with physical disabilities and saviors of those with life-threatening disorders.

How do dogs go from pets to special agents?

First, note that service dogs and emotional support dogs are two different things. A service dog is trained to do specific tasks, while comfort animals are not, says Audrey Trieschman, communications manager for NEADS, a Massachusetts-based nonprofit that trains service dogs.

Most trained service dogs start as young as eight weeks. The first weeks of training usually focus on socialization and obedience. Puppies are exposed to handling, and to different noises and people, before being introduced to working on specific tasks. They'll also be exposed to different environments so they can get used to getting on and off buses, walking on city streets, being in crowds and not reacting to other dogs.

After dogs are matched, they are trained in tasks that will be of use to that particular veteran's disability. Dogs trained to work with veterans who can hear get command-based training ("push this elevator button"), and dogs working with those with impaired hearing are trained to touch their person then run to the source of the sound – say, a smoke detector – to alert him or her. Dogs and their matches then train together so they know how to work as a team when they go home.

Dogs trained to detect physiological changes – such as a drop in blood sugar for veterans with diabetes – learn to use their sense of smell to recognize the chemical components that make up the smell of, say, a bacterial infection.

Length of training and any associated costs vary by organization. If you're up for it, with a lot of patience and some research, you can even train a dog yourself.

Stephanie Bouchard is a Maine-based freelance writer.

 stephaniebouchard.net

PNEUMONIA *continued from page 14*

PREVENTION The first step to reduce the likelihood of developing pneumonia is to practice good hygiene. Wash your hands with soap and water frequently, especially during cold and flu season. Cover your nose and mouth with a tissue when you cough or sneeze. Dispose of the used tissues so you don't spread germs.

Eat a healthy diet and get regular exercise. Avoid people who are ill, especially if you feel run down.

It is important to get a flu vaccine annually because a bad case of the flu can lead to pneumonia, Han says. If you do get the flu, drink plenty of liquids and get plenty of rest.

If you smoke, quit. Smoking makes you more susceptible to lots of diseases, including pneumonia. If you need help, talk to your doctor.

Drinking too much alcohol also puts you at increased risk.

VACCINES Two vaccines are available for pneumonia: pneumococcal conjugate (PCV13) and pneumococcal polysaccharide (PPSV23).

The Centers for Disease Control and Prevention recommends both vaccines for healthy adults 65 and older, and for those 2 to 65 who have certain medical conditions that put them at high risk for pneumonia, such as asthma and chronic obstructive pulmonary disease (COPD). People who have a weakened immune system are also at greater risk of pneumonia and should get the vaccines. The CDC recommends the PPSV23 vaccine for those who smoke.

The vaccines are effective against streptococcus pneumonia, Han says. However, there are other strains of bacteria known to cause pneumonia, against which these vaccines will not be effective. PPSV23 covers 23 types of pneumococcus bacteria, while PCV13 covers 13.

"The two vaccines are somewhat complementary, but they are not going to protect you against every single cause of pneumonia," she adds.

The CDC recommends that those who have never gotten a pneumonia vaccine get a dose of PCV13 first. Six to 12 months later, you can get a dose of PPSV23. If you have already been vaccinated with PPSV23, you can get PCV13 later as long as it has been at least a year between them.

Not all medical societies agree on who should be vaccinated for pneumonia and when the vaccines should be given, Han says. Talk to your physician about what is best for you given your age, health history and status.

The risk of having a severe allergic reaction to a pneumonia or flu vaccine is extremely small. According to the CDC, the number of severe reactions to either is less than one in a million doses given.

Beth W. Orenstein is a freelance medical writer and regular contributor to Living Well.

5 AMAZING FALL TRAIN TRIPS

See the best of America's autumn beauty by rail.

BY LYN METTLER

Durango Silverton Railroad Photo by Matt Inden-Miles

There's nothing quite like seeing our country by train, and from the Northeast to the West Coast, there are great options to hop a ride on vintage cars and explore America during the fall.

Durango & Silverton Narrow Gauge Railroad If you love the Rocky Mountains, it doesn't get much more scenic than this train ride, which runs through southwestern Colorado. The 1920s steam-fired, coal-powered train winds through the San Juan National Forest, canyons and timber, passing waterfalls and aspen groves that turn a brilliant golden hue each autumn. Ride in an open gondola car for overhead views of the mountains. You'll be riding the same tracks that once transported gold and silver mined in the San Juan Mountains.

Great Smoky Mountains Railroad Take a ride through the Great Smoky Mountains and its colorful fall foliage on this railroad that leaves from Bryson City, N.C. It has a variety of options come October on a steam- or diesel-powered engine to several destinations, including the Tuckasegee River and Nantahala Gorge. There are also specialty options like the Carolina Moonshine Experience, serving craft moonshine on board, or the PEANUTS™ Great Pumpkin Patch Express that takes passengers to a local pumpkin patch.

Napa Valley Wine Train Did you know that grape vines turn brightly colored shades each fall?

See them in all their red, orange and gold glory in California Wine Country. Aboard a vintage early-20th-century Pullman car, many of which are named for a style of wine, passengers will enjoy a gourmet lunch or dinner with some rides, followed by a wine tasting or tour. The Champagne Vista Dome car is an excellent choice for enjoying the views passing by as you wine and dine in luxury.

White Pass & Yukon Route Railroad See the beauty of Alaska, from glaciers and mountains to waterfalls and gorges, aboard this railroad's vintage passenger coaches. Originally built to bring gold miners to the Klondike, the narrow-gauge railway was finished in 1900 and gains almost 3,000 feet in elevation in 20 miles. The 40-mile White Pass Summit Excursion, which lasts just over three hours, runs through early October.

Mount Washington Cog Railway Take a fall trip on the world's first cog railway to the top of Mount Washington, New Hampshire's tallest peak. Built in 1869, the railway runs through November and takes passengers on a three-hour round trip, including an hour at the top where you can visit the Mount Washington Observatory and enjoy panoramic views of five states and Canada.

Lyn Mettler is a freelance travel writer who blogs at GotoTravelGal.com.

London and Paris were the top two European destinations for Americans this summer, according to Allianz Travel Insurance, with Reykjavik, Iceland, landing at third, followed by Rome. Vacation rental company HomeAway shows Spain coming on strong, as well, with a 150 percent jump in vacation home bookings this year in the country's top five destinations.



Traveling on Southwest Airlines? The company allows active-duty, uniformed servicemembers to board between the "A" and "B" boarding groups, which is when families with young children board.

Photo courtesy Southwest Airlines



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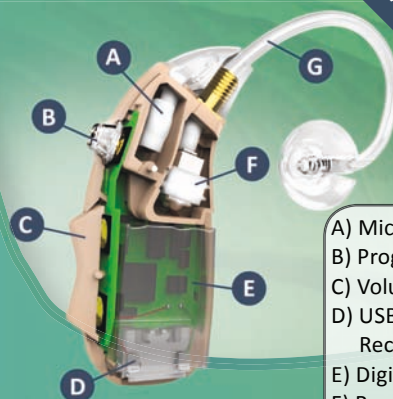


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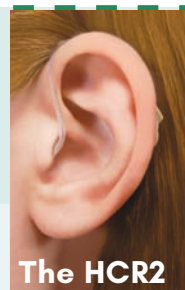
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New secretary vows to oppose privatizing VA

BY TOM PHILPOTT

Robert Wilkie, weeks from becoming the new secretary of the Department of Veterans Affairs, vowed during his June 27 confirmation hearing to “oppose efforts to privatize VA.”

Wilkie’s nomination cleared the Senate Veterans Affairs Committee by voice vote July 10 with only Sen. Bernie Sanders, I-Vt., voting no. It marked the first time in the committee’s history that it failed to unanimously endorse a VA secretary nominee. The Senate confirmed Wilkie on July 23 with a vote of 86-9.

Sanders said his vote was aimed “less against Mr. Wilkie than against President Trump,” for fear he will pressure Wilkie to use the mandate of consolidating VA community care programs, under the VA MISSION Act, to begin downsizing the VA system in favor of spending more to care for veterans through community-based health-care providers and hospitals.

Wilkie said he recognized that giving veterans the choice to use private-sector care is particularly important in rural areas where access to VA health care can mean traveling hundreds of miles. That, he suggested, isn’t acceptable.

“What choice means is giving those veterans and their family caregivers the opportunity to engage with VA any time of the day, through things like telehealth, but also with the development of community care networks, which will provide them with access to services that VA can’t provide,” Wilkie testified.

Time will tell if Wilkie’s resistance to privatization is as robust as hoped for by The American Legion and other veterans service organizations. They share Sanders’ concern that political appointees ensconced at VA still wish to see an aggressive shift of health-care resources away from VA toward private-sector alternatives.

Veterans advocates worry that if VA facilities stay understaffed and under-resourced, reliance on the private sector of necessity will deepen. As that occurs, they also expect to see evidence that the private sector lacks the expertise and coordination of care to give veterans the full-service, integrated health care they need.

At the same time, Democrats and Republicans acknowledge that veterans have had problems accessing VA care, and that VA facilities need to be backstopped by networks of outside care providers. Advocates perceive the solution as a balancing act with proper funding of VA as the most critical step.

The VA MISSION Act allows a flawed Choice program to operate for one more year – long enough, presumably, for VA to consolidate seven community care programs into one, develop new clinical-based thresholds for allowing patients access to private-sector care, and strengthen patient appointment and provider payment systems.

The Senate committee lauded Wilkie’s professional experience in leadership posts at the

Defense and State departments, as well as personal knowledge of veterans issues from military service and from his father, a career Army officer who suffered disabling combat wounds in Vietnam.

However, Sen. Jon Tester of Montana, ranking Democrat, warned Wilkie that his predecessor, David Shulkin, complained that his plans to reform VA care were undermined by political appointees at VA and the White House who felt he was moving too slow in shifting care to the private sector. At VA, Tester cautioned, “we are seeing political interest groups given a seat at the table instead of veterans service organizations.” Even the VA press office, he cautioned, was attacking “fake news,” echoing President Trump.

Sooner or later he’ll come to a crossroad with appointees bent on privatization, Tester told Wilkie. “My only advice to you is to take your cues from the veterans ... and do what you think is right, even if political forces threaten your job.”

Wilkie said his priorities will be to improve VA culture by emphasizing customer service, improve access to care, reduce backlogs in compensation claims and payments, and transform business operations and information technology.

Tom Philpott has been covering military personnel and veterans issues for more than 40 years.



New VA Secretary Robert Wilkie Photo by Lawrence Jackson

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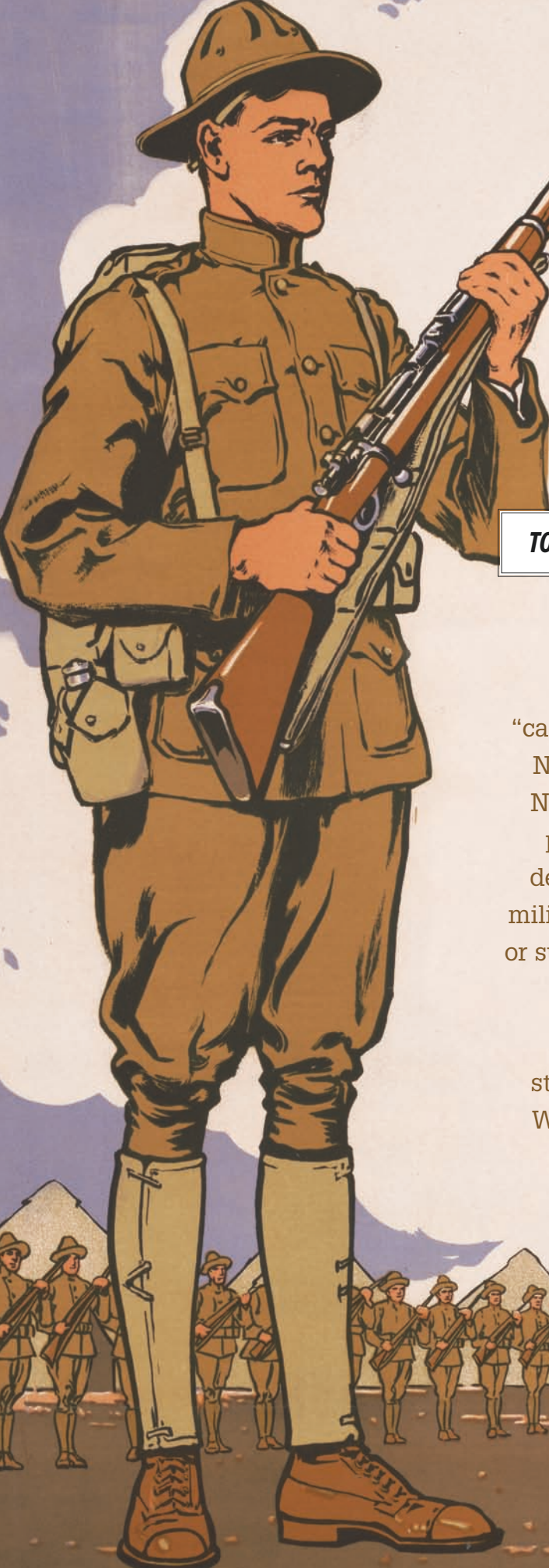
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TO STRENGTHEN A NATION / THE AMERICAN LEGION STORY

BEFORE THE AMERICAN LEGION,
no federal authority was responsible to
“care for him who shall have borne the battle.”
No code of respect existed for the U.S. flag.
No Tomb of the Unknown Soldier. No youth
program to promote justice, freedom and
democracy. No GI Bill. No accountability for
military personnel exposed to toxic substances
or suffering with post-traumatic stress disorder.

The American Legion Magazine retraces
a 100-year journey in the months ahead,
starting here, before U.S. entry in the Great
War, when the need for a stronger America
became clear, and all the Legion’s
accomplishments were yet to unfold.

GENESIS OF THE AMERICAN LEGION

Plattsburgh-trained founders believed in a proud and prepared nation.

STORY BY MARK SEAVEY

TWENTY NON-CAREER OFFICERS personally selected by Lt. Col. Theodore Roosevelt Jr. were ordered by American Expeditionary Forces Commanding Gen. John Pershing to report to a YMCA office in Paris on Feb. 15, 1919. Their ostensible purpose was to address declining morale among cold, wet, miserable troops awaiting passage home from the war that was supposed to end all wars. But the officers, who met again for dinner the following evening, had something more in mind than the moods of their restless buddies. This was the perfect time, they decided, to talk about a new kind of veterans association, one specifically for them, built on what they had learned from the war.

Nine of the 20 officers had something else in common: they were alumni of the Plattsburgh Training Camps of upstate New York, where civilian volunteers defied the Wilson White House by preparing to fight in a war the president did not initially want the United States to enter.

U.S. intervention was controversial. Many considered it to be purely a European affair. And with thousands of new immigrants to the United States from the warring nations in Europe, uprisings were a concern if America went in.

After Serbian nationalist

Gavrilo Princip killed Archduke Franz Ferdinand, heir to the throne of the Austro-Hungarian Empire, on June 28, 1914, armies mobilized across the European landscape, and the Great War was on, a war like none before it.

Military investment had been relatively high in Europe before the assassination. The opposite was true in the United States. Alec Campbell noted in his 2010 essay “The Sociopolitical Origins of The American Legion” that between the U.S. Civil War and World War I, major European states “enrolled between 0.7 and 1.65 percent of

their populations in the military while the United States came in between 0.06 and 0.17 percent. These numbers understate the relative differences, as conscription and reserve forces increased the available fighting power of most European states in that period.”

The United States, an ocean away from Europe, saw no great need for a large standing military, with a friendly neighbor to the north and only sporadic conflicts on the southern border. The national focus remained on developing the West, building railroads, overcoming native tribes and harvesting the bountiful natural resources west of the Mississippi.

Even during the Spanish-American War, when future President Theodore Roosevelt and his Rough Riders gained fame, the United States involved only about 72,000 troops. And although limited in scope, the Spanish-American War “could build national accord as well as

REVOLUTIONARY LEGIONS



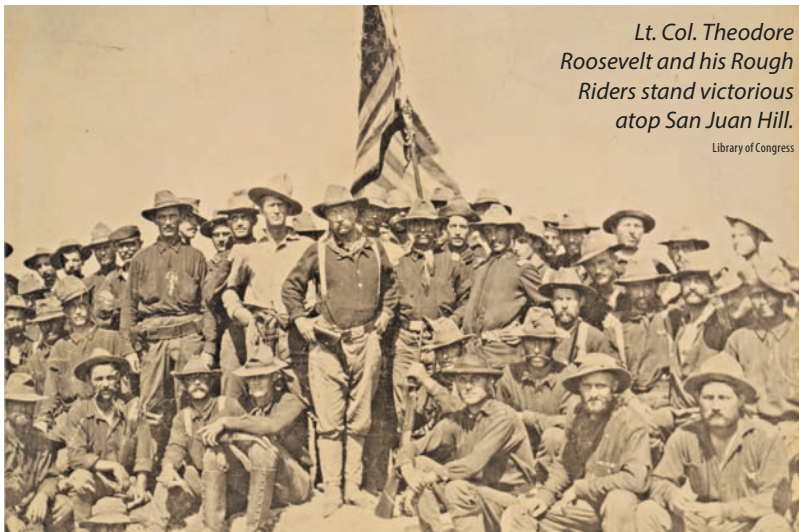
DEC. 18, 1778

In the first known use of the name, an **American Legion of Honor** is formed in Massachusetts.

The fraternal group lasts about 20 years.



After fleeing to New York, where the British Army gave him a commission as a brigadier general, infamous Revolutionary War traitor Benedict Arnold led what was called an **“American Legion”** of more than 1,000 Crown loyalists who were mainly deserters from the U.S. Continental Army.



Lt. Col. Theodore Roosevelt and his Rough Riders stand victorious atop San Juan Hill.
Library of Congress

national character” and resolve “class and sectional hatreds,” Roosevelt suggested.

He recruited troops from elite colleges and clubs and then “scattered eastern swells through (the) entire unit ... purposely bunking cowhands with capitalists.”

According to author M. Perlman, newspapers claimed this was “the most representative body of men on American soil, for in it were cowboys and millionaires, side by side, all men equal.”

In contrast, Europe was much more familiar with military action and political battles. In the last two decades of the 19th century and the first decade of the 20th, the continent saw conflicts between Serbia and

Bulgaria, Greece and Turkey; numerous uprisings and subsequent suppressions of groups opposing the Ottoman Empire; an attempt by Macedonia to split off; a Russo-Japanese conflict; and numerous peasant revolts. Germany was still consolidating into one, as was Italy. European armies marched into each other, seemingly at the slightest provocation, while America marched westward, away from these distant skirmishes, laying tracks of economic expansion.

The assassination of Ferdinand, however, disrupted America’s manifest destiny and fractured U.S. foreign policy. Roosevelt, as president from 1901 until 1909, had sought to raise America’s international clout by

securing the Panama Canal and negotiating peace terms to end the Russo-Japanese War. He launched the sparkling new Great White Fleet with a two-year world tour to demonstrate U.S. naval prowess.

In contrast, Woodrow Wilson was elected in 1912 on a platform of neutrality and isolationism, hearkening to a view espoused by Thomas Jefferson, who said that “essential principles of our government (are) peace, commerce and honest friendship with all nations, entangling alliances with none.”

The Great War challenged Wilson’s resolve, but in 1916 he was re-elected on a platform summed up by the campaign slogan: “He kept us out of war.”

The Preparedness Movement

Roosevelt and others, like former Secretary of the Army Maj. Gen. Leonard Wood, were less sure the United States would be able to – *or should* – stay out of the fight in Europe. They resolved to ensure that if the call to arms came, at least some Americans would be trained to lead. At the time, the U.S. military had less than one-tenth of the personnel needed for the eventual war.

Wood and Roosevelt, along with former war secretaries Elihu Root and Henry Stimson,

‘DEBILITY OF NERVES’



Secretary of War Henry Knox

Ten years after his service in the Revolutionary War ended, Jeremiah Ryan was granted a federal pension of \$5 per month in what is considered the earliest disability compensation for what would later be known as post-traumatic stress disorder. Secretary of War Henry Knox, who decided such cases individually at the time, wrote in his decision that Ryan suffered “a debility of nerves, which has continued ever since in such a degree as utterly to incapacitate him from obtaining a livelihood.” One-hundred ninety years later, the federal government began recognizing PTSD.

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Businessmen arrive at the Plattsburgh Camp to spend their summer holiday preparing to become military leaders. Clinton County Historical Association

began calling for preparedness. Wood started the National Security League (NSL) in 1914, and by the middle of that year “the League’s total civilian membership resembled an interlocking preparedness directory,” one author noted. The NSL quickly grew to more than 50,000 members in 155 chapters across 42 states.

The German U-boat sinking of the British ocean liner RMS *Lusitania* on May 7, 1915, validated to many the need for U.S. military intervention. Of the nearly 1,200 who perished in the attack, 128 were Americans. U.S. entry into the war grew ever more likely.

Roosevelt and Wood believed that lists of people were helpful, but modern training was vital.

Thus was conceived the “Plattsburgh Idea,” named for a small city near the Canadian border where voluntary training could be conducted by college-educated men, including Theodore Roosevelt Jr., under the watchful eyes of the former president and Wood.

The broader concept was a series of military training camps for business and professional men, similar to programs already operated by the Army on some college campuses in the form of the Reserve Officers’ Training Corps. The Plattsburgh camps took greater shape in the fall of 1915 and were attended by roughly 1,700 men that year. By the end of the 1916 camps, another 17,000 had completed volunteer training. The Military

Training Camps Association (MTCA) that would govern Plattsburgh and other regional camps across the country expected 50,000 more to train in 1917. That prediction was obviated on April 6, 1917, when Wilson pivoted and declared U.S. entry in the Great War.

Future founders of The American Legion – many of whom were also members of a nationwide volunteer network called American Legion, Inc. – were quickly commissioned as officers to help lead Pershing’s young force. At war, the future founders realized that physical conditions, discipline and mental sharpness among the mostly drafted U.S. troops generally were inadequate. Literacy, fitness, weaponry, training and supplies were also sorely lacking. In addition, many AEF troops were new U.S. immigrants and had scant understanding of what they were fighting for. To many, the concepts of justice, freedom and democracy were foreign, literally and figuratively, and English was a second language, if they could speak it at all.

“Nine of the initial 20 Legion organizers had been involved as

THE FIRST VSO

Regarded as America’s first veterans service organization, the **Society of the Cincinnati** was founded on May 13, 1783, by Maj. Gen. Henry Knox. The organization restricted membership to former officers of the Continental Army during the Revolutionary War. George Washington was the first president general of the society, followed by Alexander Hamilton. The society still operates today, as a hereditary organization headquartered in Washington, D.C.



The Society of the Cincinnati Archives



AMERICAN LEGION, INC.

"In 10 years or less time, the U.S. is going to find herself in a man-sized fight. I vote that all of us drifting around, and who would ordinarily volunteer to fight for our country, begin to form some sort of volunteer organization now through Adventure. Then, if something turns up, we can all get together and volunteer in a body ... Personally, when I get into a scrap, I like to know that fellows with me are not going to go up in the air when they get in a tight place."

E.D. Cooke, in a 1914 letter to *Adventure* magazine, from Puerto Limón, Costa Rica, published in the November issue of the popular magazine that year

Four years before the Paris Caucus that launched The American Legion, a different corporation of the same name – and similar ideals – was formed in the New York City office of *Adventure* magazine.

American Legion, Inc., was a nationwide registry of volunteers with specialized skills, vehicles, weapons and military training or experience. The roster soared to more than 25,000 and on Jan. 1, 1917, American Legion, Inc., turned the names over to the U.S. War Department so willing volunteers could be summoned when the United States declared entry in World War I.

The concept originated from a 1914 letter to *Adventure* that called for veterans, whose training and service records were largely unkept at the time, to "go in together, knowing that everyone in the outfit can obey orders and handle a gun."

Announcements appeared in newspapers across the country in March 1915. "The legion believes in making instantly available to our country in case of war all men who already have military or technical training valuable in modern warfare by land or sea ... to be used as the government (not they themselves) may see fit, according to their qualifications." Dues were 25 cents a year. For another 25 cents, a member could also get a button.

The announcements listed 77 "classifications to include such specialties as driver, powder man (experience with

explosives), surgeon, miner, motorboat operator, balloonist, blacksmith, cowboy and concrete worker. At the time, the U.S. Armed Forces consisted of less than 300,000. Some 3.7 million more would ultimately be needed for the war.

American Legion, Inc., received endorsement from former President Theodore Roosevelt and acceptance from Maj. Gen. Leonard Wood, former U.S. Army chief of staff and leader of the Plattsburgh, N.Y., training camps. Among the early members of American Legion, Inc., was also Theodore Roosevelt Jr., the former president's son.

"The offices at 10 Bridge Street were at once swamped, not only with applications, applicants and reporters, but with people of all kinds who offered their services free to help handle the work," *Adventure* editor Arthur Sullivan Hoffman wrote in the July 1934 *American Legion Monthly*. "The pacifists went wild in the other direction."

The War Department recruited specialists and officers from American Legion, Inc., including two aircraft maintenance regiments.

Following the Paris Caucus, when "The American Legion" was approved as a temporary name for the new organization, Hoffman "gladly agreed to transfer the title of the defunct organization to the one that just sprang to life," according to "That Earlier American Legion" in the 1934 *American Legion Monthly*.

– Jeff Stoffer

leaders or participants in the Plattsburg(h) movement," Campbell writes. "Three had been involved in the NSL, and five were National Guard officers. Accounting for multiple associations, 60 percent had been involved in at least one pre-war preparedness organization, and 75 percent had been involved in either a preparedness organization or the National Guard."

Franklin D'Olier, who in 1919 would be elected the first

national commander of The American Legion, never trained at Plattsburgh, but he granted leave to employees of his mercantile business to attend.

Author Ralph Barton Perry, writing in 1922, explained that a typical Plattsburg(h) trainee "discovered new physical values. He learned to view his body in a new light, as something to be cared for, as a man might groom his horse. He learned that he walked on his feet and that his feet had to be respected

accordingly. He learned something about his physical energy, its reserves and its limits, and what you can do to increase it ... He discovered extremes of fatigue and hunger that were totally new to him, and the soul-satisfying joy which may exalt such humble things as sitting down by the roadside and drinking warm water from a canteen. When he came to carry his house, his wardrobe and his stores about on his back, he learned how few things a man



THEODORE ROOSEVELT JR.

Theodore Roosevelt Jr., the Plattsburgh-trained son of a U.S. president, was commissioned as a major in 1917. On June 20 of that year, he and brother Archie sailed to France after a letter of endorsement from their father, allowing them to fight in the first wave under Gen. John Pershing's American Expeditionary Forces.

Roosevelt Jr. fought through enemy fire and poison gas, leading from the front. He received high praise, was promoted and commanded the 26th Regiment of the 1st Division. Gassed nearly to blindness, he refused evacuation and received the Silver Star for his actions at Cantigny. Later, near Soissons, Roosevelt Jr. was shot in the left leg. While recuperating at a field hospital, he reportedly met a Sgt. William Patterson, later killed in action, who inspired Lt. Col. Roosevelt Jr. to help launch The American Legion.

At 56, Brig. Gen. Roosevelt Jr. came ashore at Utah Beach in the first wave of the World War II D-Day invasion of June 6, 1944. Armed with nothing more than a pistol and his cane, he helped soldiers cross the beach to safety, eluding enemy fire. For his actions that day, Roosevelt Jr. received the Medal of Honor. However, it would be awarded posthumously. He died of a heart attack on July 12, 1944, and was buried in Normandy, where he remains today, next to his youngest brother, Quentin, who had been shot down and killed over Aisne, France, 26 years earlier during World War I.



TO STRENGTHEN A NATION / THE AMERICAN LEGION STORY

(needs) and how many things he can get along without."

Politics 101 Following the February 1919 meeting of officers, and after the formative Paris Caucus a month later, focus among the Legion's all-officer founders turned to creating a national organization that would represent different parts of the country without regard to socioeconomic, political, educational or military pedigree. The new American Legion would not fall into traps of admitting officers only or taking sides in political contests.

"The two great veterans' organizations with which we were all familiar as boys and girls were highly political and intensely partisan," D'Olier wrote in 1928. "In the North, the Legion was called the successor to the Grand Army of the Republic, and in the South it was thought of as the heir to the traditions of the United Confederate Veterans. In New York state, the political currents already had caught up Roosevelt and he was, or shortly became, a candidate for the Legislature."

Before moving to a permanent national headquarters in Indianapolis, the Legion used the MTCA office in New York,

conveniently located near the famous Harvard Club, of which the Roosevelts were members.

Manhattan and the Harvard Club were not necessarily the best icons to appeal to a broad cross section of veterans. For the newly formed organization to endure, it would need to diversify. The founders distanced the new organization from the elite optics of northeastern Ivy League culture. To achieve that distance, they installed a sort of Senate, the National Executive Committee, with elected representatives from across the country, representing each state. To identify potential NEC members, the founders turned to the MTCA and recruited from its diverse list of alumni.

"The incidental costs of finding state committeemen were borne by the MTCA, which paid for the hundreds of telegrams sent to potential state organizers," Campbell wrote. "Moreover, state-level contacts were often made through preparedness organizations."

Initial attempts to gather names for early American Legion organizing committees in the states were often made by Arthur Cosby, executive secretary of the MTCA, a former Rough Rider who served under Roosevelt but

STRUGGLE FOR BENEFITS



Veterans of the Revolution, the War of 1812 and the Mexican War fought for government pensions, but the battle was always tough. Most who received compensation from Revolutionary War service – including combat-wounded **Daniel Shays**, who led a violent rebellion in Massachusetts over unfair debt collections imposed on former soldiers – had to wait 25 or more years for any relief. Shays was pardoned in 1788 for leading the rebellion and in 1818 finally received a pension, with which he bought a small cabin.



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was not a veteran of the Great War and so was ineligible for Legion membership. Cosby helped the cause by using his MTCA contacts to find what he called “the right sort of men.”

D’Olier was particularly cognizant of Roosevelt’s Republican persuasion and how that might be viewed in states that leaned Democrat. To balance it out among the more famous Legion founders, D’Olier, a Quaker, and other early leaders of the organization paired Roosevelt with Bennett Champ Clark, son of U.S. Speaker of the House Rep. Champ Clark, a Democrat from Missouri. Clark had graduated from a Plattsburgh sister camp at Fort Myer, Va., and knew the MTCA.

D’Olier noted that in letters to recruit MTCA alumni as leaders of The American Legion, “most of the delegates were obtained by dealing through men in the different states that some of us knew. In dealing with Democratic states, we would sign Clark’s name to telegrams, and in Republican states, we would use Roosevelt’s. In doubtful states, both names.”

“It would be unfortunate to place The American Legion in conflict with the political parties,” opined Brig. Gen. William G. Price, a veteran of Cuban service during the Spanish-American War who later

led the 28th Infantry Division. “But (the Legion) will uphold what is right so firmly and forcefully that whatever party is wrong will learn to fear it. It is the brotherhood of men who have realized thoroughly their responsibility to the nation.”

As the organization took shape, membership recruitment was the foremost concern, and a “Speakers Bureau” of Legionnaires took the group’s message from the local meeting hall to the public square.

As one such Legion speaker noted, “readjustments in social and labor conditions are taking place, and it is a very vital function of The American Legion to show ... not only why it is to the interest of all to become members of the Legion but also the great part which the Legion does play in national affairs.”

George Wheat noted in his 1919 “The Story of The American Legion” that “... it became most necessary to properly present the Legion to those men who had remained at home and who had gotten out of the service, and to those who were incoming from France and rapidly being demobilized, as it was upon them that the success of the Legion depended. Furthermore, their opinions were the soil upon which the various state organizations had to work, and at that particular time it was

vital that the Legion should be widely known and thoroughly understood; that its aims and ambitions should not be misconstrued either willfully or unintentionally, nor its precepts perverted.”

The Drive for Members As Roosevelt, D’Olier and others worked out of the MTCA offices in New York to raise money and get the Legion up and running, state officers were hitting the streets to find eligible veterans to join.

“It was a long, hard-working summer and fall,” D’Olier wrote. “By July 1, six weeks after the St. Louis Caucus, we had less than a thousand posts going. But by Aug. 1, the number had more than doubled, and by Sept. 1, it had quadrupled. On Oct. 1, the number of posts was 5,670, and we felt that the Legion was right and would win.”

At the first national convention in November that year, D’Olier found himself on the ballot for national commander, a position he had not asked for, dreamed of or even particularly relished.

“I left for Minneapolis a candidate for nothing except some railroad tickets to take my family on that promised vacation,” he wrote. “Bill Donovan and Ted Roosevelt talked me into permitting my name to go before the

CIVIL WAR VETERANS



The Grand Army of the Republic and the United Confederate Veterans emerged after the Civil War. Aspects of each veterans group – like the GAR’s organizational model and the massive convention parades of the UCV – would later serve as examples for The American Legion. Former GAR and UCV halls, event traditions, records of the war dead and memorabilia were turned over to Legion posts in many communities. The Civil War associations were designed to disappear when the last of their war’s veterans died, in the mid-1950s.



convention. They picked me for my negative qualities. I had never made a public speech in my life. I had never given an interview to a newspaper reporter. I had never been in politics and would never get in because I lacked the qualifications. I was thought to be capable of giving the Legion a quiet, plain business administration, which was felt to be a good thing during a presidential year.”

D'Olier, beholden to no one, and without any obvious political persuasions or desires, was just what the Legion needed to avoid the politicization that had divided previous veterans organizations.

“I was no orator, had no desire to become one ... and anyway felt that the country was a bit fed up on oratory and that the public would be more interested in plain business statements as to what the Legion was actually accomplishing and intended to do ... I felt that the public would be more interested in brief communiqués from the front than in oratorical effort.”

Campbell wrote that “the organizational model for the Legion was the MTCA, which had sought mass-based participation. The Legion was not meant to be a tightly controlled elite organization like the NSL. Ideologically, the Legion’s leaders believed in what they were doing and that the vast majority of common Americans shared their views.”

Unsurprisingly, many of the first resolutions passed by the Legion dealt with preparedness. The Report of the Committee on Military Policy set forth unambiguously its belief that “a large standing army is

uneconomic and un-American. National safety with freedom from militarism is best assured by a national citizen army and navy based on the democratic and American principles of the quality of obligation and opportunity for all.”

Universal military training – and, importantly, *not* universal military service – would long be a priority of the Legion. “We have had a bitter experience in the cost of unpreparedness for national defense and the lack of proper training on the part of officers and men,” the committee reported. “We favor a national military and naval system based on universal military obligation, to include a relatively small regular army and navy, and a citizen army and navy capable of rapid expansion sufficient to meet any national emergency.”

The Plattsburgh Idea had become official policy of the brand-new American Legion. The committee added in its first report that “we favor the continuance of training camps for the training and education of officers to serve in case of national requirement.”

Physical and mental discipline, military preparedness, promotion of democracy, and strengthening of young people all were undoubtedly topics discussed among future founders of The American Legion between training-camp exercises before the war. And when they had proof of their convictions fresh in mind in the winter of 1919, they turned their principles into an organization that would long outlive them all. 🌿

Mark Seavey is a writer and digital media specialist for The American Legion.



FRANKLIN D'OLIER

The son of a Philadelphia cotton merchant and eventual president of Prudential Insurance, Princeton-educated Franklin D'Olier was a calm, unflappable problem-solver who commanded the Army's first salvage depot in France for the Quartermaster Corps during World War I. He was promoted to lieutenant colonel as his personnel and responsibilities grew, and was awarded the Distinguished Service Cross for his organizational skills.

He was also one of the 20 officers of the American Expeditionary Forces who came to a February 1919 dinner in Paris with Lt. Col. Theodore Roosevelt Jr. to lay the groundwork for The American Legion.

After his April 1919 discharge, D'Olier worked in New York City to help get the Legion started, committing both his time and money. In November, at 42, he was elected to serve as the Legion's first national commander. He declined a salary and covered his own expenses in a year of crisscrossing the nation to drive membership. His acceptance speech at the first national convention had four sentences: “My word is simply this. We came here to work. Let us keep on working and not listen to speeches. I thank you.”

D'Olier's skills were later summoned when he helped lead the U.S. Strategic Bombing Survey that assessed the effectiveness of Allied bombing missions in both theaters of World War II, work that influenced the establishment of the Air Force.



TO STRENGTHEN A NATION / THE AMERICAN LEGION STORY

THE ART OF WAR

*Montana Legionnaire presents veterans' stories
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INTERVIEW BY MATT GRILLS



*"Since the dawn of mankind,
cultures have honored
their warriors in art.*

This is just a way of doing that.

*We're honoring America's
veterans using a truly
American art form."*

August Uhl, Air Force veteran
and Legionnaire

August Uhl is a longtime fan of the illustrated art found in comic books and adventure strips.

It's a medium he thinks is a great fit for another of his interests: the stories of men and women who have served in uniform.

An Air Force veteran and member of American Legion Post 14 in Bozeman, Mont., Uhl combines veterans' first-person narratives with classic artwork in the vein of "Steve Canyon" and other strips. The result is *Full Mag* – part graphic novel, part military history magazine.

"I think veterans are by nature pretty good storytellers," Uhl says. "This art form really lends itself nicely to stories that I'd call more of a snippet or just a snapshot. You couldn't expand one of these into a novel. A story that would take up only a page in written form, expanded over five and six pages of visual storytelling, really forces the reader to slow down and try to digest it."

Published in 2017, the first volume of *Full Mag* features "All Roads Lead to Rome," a story by the late David Thatcher, one of the Doolittle Raiders, about what happened to him after he left China in 1942. "In a way, it sort of picks up where the movie '30 Seconds Over Tokyo' left off," Uhl says.

Other tales include "The Train," about a Dustoff air

ambulance mission over Vietnam, "Son Trà Mountain 1971," and "Hidden Valor," about Task Force Devil paratroopers in Ghazni Province, Afghanistan. Illustrating the stories are acclaimed artists Mike DeCarlo, Russ Heath, J.W. Erwin and Ron Wagner.

"Since the dawn of mankind, cultures have honored their warriors in art," Uhl says. "This is just a way of doing that. We're honoring America's veterans using a truly American art form."

Full Mag's second volume is on the drawing board, and looks to be bigger than the first. Uhl is planning nine or 10 stories, including tales from Iraq, Afghanistan, Vietnam, and Operation Market Garden and Okinawa during World War II.

Throughout The American Legion's centennial year, Uhl will be commissioning graphic artists to illustrate pivotal moments in American Legion history, in a feature called "Lore of the Legion."

Readers of the magazine "will likely recognize the visual storytelling art used in 'Lore of the Legion' because this art form has a significant and historic relationship with our armed forces," he says. "In fact, many of the great artists who brought this art to global prominence with their skills, pencils and ink are veterans."

– Matt Grills

LORE OF THE LEGION

STORY: **JEFF STOFFER**
ART: **GARY MARTIN**
COLOR: **MARCHUS ESKOW**

THEODORE ROOSEVELT JR. WAS SHOT IN THE LEG AND GASSED AT SOISSONS. HE WAS RACED TO PARIS IN THE SIDECAR OF A MOTORCYCLE...

...AND WENT TO THE APARTMENT WHERE HIS WIFE, ELEANOR, WAS STAYING, AS A YMCA VOLUNTEER.

HE TOLD HER HE DIDN'T WANT TO SEE A DOCTOR. HE WANTED SOMETHING TO EAT AND A QUART OF CHAMPAGNE.

SHE CALLED FOR THE DOCTOR INSTEAD.

HE CLEANED THE WOUND AND SENT HIM OFF TO A FIELD HOSPITAL TO RECOVER.

THERE, HE MET ANOTHER RECOVERING SOLDIER, SGT. WILLIAM PATTERSON. ROOSEVELT AND SGT. PATTERSON WERE CONVALESCING AT A BASE HOSPITAL IN THE SUMMER OF 1918. THE TWO MEN, LIMPING FROM WOUNDS, STOPPED AND RESTED AGAINST A SHADE TREE. THE SERGEANT'S HAND ROSE IN A QUICK SALUTE.

EAGER TO GET BACK SOON, SERGEANT?

YES SIR. ANXIOUS TO GO BACK AND GET THE WHOLE JOB DONE, SIR!

SO AM I, BUT WHAT WILL WE ALL DO WHEN THE GERMANS REALLY ARE LICKED?

GO HOME AND START A VETERANS' ASSOCIATION FOR THE BENEFIT OF THE COUNTRY.

PATTERSON WAS LATER KILLED IN ACTION AND NEVER DID GET TO GO HOME. ROOSEVELT IS SAID TO HAVE BEEN INSPIRED BY PATTERSON TO CALL ON OTHER OFFICERS IN EUROPE IN THE WINTER OF 1919 TO TALK ABOUT STARTING SUCH AN ASSOCIATION.

NEXT:
THE AMERICAN LEGION
IS FORMED IN PARIS!



Kurds celebrate in the streets of Duhok, Iraq, following their historic independence referendum on Sept. 25, 2017. Despite strong objections from neighboring countries and the Iraqi government, some 5 million Kurds across three provinces went to the polls. Washington opposed the referendum. AP

FRIENDS IN HIGH PLACES

The United States and its allies should help Iraq's Kurds realize their dream of independence.

BY ALAN W. DOWD

“We don’t need Iraqis killing Iraqis,” Lt. Gen. Paul Funk, commander of the anti-ISIS coalition, said last October. He was responding to a military showdown between the central Iraqi government based in Baghdad and the Kurdistan Regional Government (KRG) based in Erbil, over the city of Kirkuk.

While Funk’s sentiments are sound, the vast majority of Kurds who live in Iraq would take issue with his word choice. They simply don’t see themselves as Iraqis.

In fact, 93 percent of Iraq’s Kurds voted in favor of independence in a September 2017 referendum. After more than two decades under the protective wing of the United States, they had steadily cut

themselves loose from the basket-case government in Baghdad, built a functioning economy and political system, played a crucial role in blunting the Islamic State’s blitzkrieg into Iraq, and then partnered with international and indigenous forces to destroy ISIS inside Iraq. In short, the Kurds seemed primed in 2017 to turn their *de facto* independence into full-fledged statehood.

However, the government in Baghdad responded to the independence referendum by sending Iraqi troops and tanks to retake oil fields and checkpoints in the disputed city of Kirkuk. KRG troops known as “peshmerga” had occupied Kirkuk since 2014, when Iraqi government forces were unable or unwilling to stop the ISIS advance. But by the



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Kurdish security forces head to Altun Kupri, on the outskirts of Erbil, Iraq, in October 2017. Iraqi and Kurdish forces exchanged fire at the border between federal and Kurdish lands, days after Kurds withdrew from disputed territories across northern Iraq. AP

autumn of 2017, Iraqi government forces – hardened and sharpened by the war against ISIS – rapidly retook Kirkuk. It was a clear signal that Baghdad was not going to permit the Kurds to poach the oil-rich area – and was not going to allow the Kurds to leave without a fight.

Washington, which had opposed the KRG’s nonbinding independence vote, basically stood aside as Baghdad reasserted federal authority. “The United States remains committed to a united, stable, democratic and federal Iraq,” the State Department declared, adding that Washington views “the Kurdistan Regional Government as an integral component of the country.”

In the intervening months, political tensions have eased: the KRG announced a “freezing of the results of the referendum,” Baghdad has used restraint and not advanced beyond Kirkuk, KRG and Iraqi forces are partnering on counterterror operations near Kirkuk, and the two are discussing security in “an atmosphere of trust and understanding,” according to government officials. Yet before his party’s defeat at the ballot box in May, Iraqi Prime Minister Haider al-Abadi said he was determined to maintain “federal authority over national borders, oil exports and customs revenues.”

In short, hopes for full-fledged independence for Iraqi Kurdistan have been put on hold – again. However, independence remains the goal of Iraq’s Kurds, and they continue to have powerful allies in the United States.

PARTNERS It’s easy to understand why Iraq’s Kurds want to be independent. Saddam Hussein’s pogroms killed as many as 100,000 Kurds and destroyed

4,000 Kurdish villages. Saddam also used chemical weapons against the Kurds, killing 5,000 civilians in a single attack on Halabja.

“We are talking about a people who have been deported, Arabized by force, gassed and pushed into the mountains,” explains French writer-documentarian Bernard-Henri Lévy, who embedded with peshmerga forces during their campaign against ISIS.

In the post-Saddam years, Baghdad has alternately taken the Kurds for granted in times of emergency, and withheld public-sector payments, oil revenues and military equipment in times of relative calm. Add it all up, and it’s no surprise the vast majority of Iraqi Kurds have little allegiance to the Iraqi state.

Americans began to appreciate the Kurds’ plight at the end of the 1990-1991 Gulf War, when Saddam moved against the Kurds yet again. President George H.W. Bush responded by dispatching U.S. ground troops to northern Iraq to mount a massive humanitarian operation. U.S. forces rescued some 400,000 Kurds from starvation. Bush then ordered U.S. air assets to enforce a no-fly zone over a large swath of northern Iraq, which President Bill Clinton continued. This allowed Iraq’s Kurds to live in relative safety and begin building a semi-sovereign Kurdistan.

As Iraq’s Kurds grew more self-sufficient, the U.S.-Kurdish partnership deepened.

By 2003, U.S. personnel were working closely with the peshmerga – which means “one who faces death” – to execute key operations to take down Saddam’s regime. Partnering with CIA and Special Operations “liaison officers,” the peshmerga

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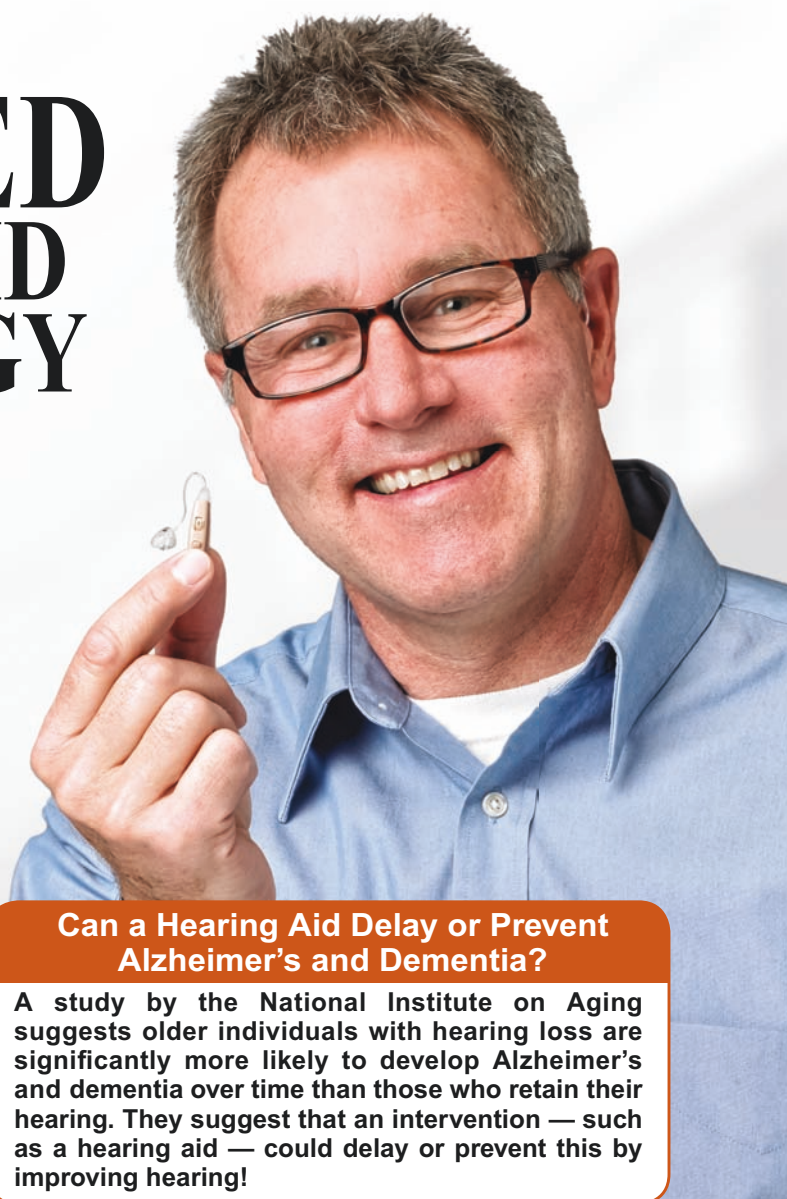
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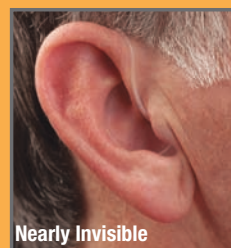
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prepared the battlespace before Operation Iraqi Freedom, neutralized bases held by Ansar al-Islam (a terror group linked to al-Qaida), helped liberate 300 villages and offered Kurdish territory as a springboard for operations southward.

PARTNERS PART II A decade later, as ISIS swept into Iraq, the United States turned again to its old friends in Iraqi Kurdistan for help against yet another common enemy.

In the first year of the fight against the Islamic State, the peshmerga was the only effective fighting force indigenous to Iraq. Coordinating closely with U.S. forces, the peshmerga proved crucial in slowing the ISIS advance, blocking it from taking territory in places like Kirkuk and ultimately defeating it in Iraq.

At the height of the ISIS advance – as Baghdad’s troops recoiled and retreated – 80,000 Kurdish troops stood up to the jihadist onslaught, holding the line against ISIS on a nearly 900-mile-long front. A European Union report puts it diplomatically: “Kurdish peshmerga fighters proved more effective than the Iraqi security forces in defending and regaining territory in northwestern Iraq.”

In 2014, some 7,500 peshmerga fighters fought their way to Mount Sinjar and rescued hundreds of trapped Yazidis. With the help of U.S. airpower, peshmerga troops then recaptured Sinjar from ISIS in 2015, saving thousands more Yazidis.

Throughout 2015 and 2016, peshmerga forces, backed by coalition airpower, cleared scores of villages and cities in northern Iraq of ISIS militants. KRG forces took part in operations to retake Tikrit, Bashiqa, Jalawla, Saadiya and Khanaqin. As the peshmerga moved through Fazliya, Lévy reported, “The instant the town was liberated, every child poured into the main street chanting ‘Long live the peshmerga!’”

RAW DEAL The peshmerga’s importance was perhaps most evident in the 2016-2017 operation aimed at liberating Mosul, the largest Iraqi city occupied by ISIS. The operation comprised an estimated 100,000 personnel drawn from the Iraqi military, Shiite militias, Western military units (by 2016, there were at least 6,500 coalition personnel from 17 nations on the ground in Iraq), and 15,000 peshmerga fighters. On the ground with the peshmerga, Lévy described how the Kurds were “responsible for breaking through ISIS’ forward lines and opening the gates to the city.”

Peshmerga soldiers are seen as honorable warriors. In fact, ISIS fighters surrendered to

peshmerga forces rather than Iraqi troops or Iranian militias because the Kurds “were known to take prisoners instead of killing them,” as *The New York Times* reported.

The Kurds have paid a high price for their victories. Between August 2014 and July 2017, 1,745 peshmerga personnel were killed and more than 10,000 wounded in the war against ISIS. In addition, the KRG has taken in 1.8 million refugees from Syria and Iraq. These are enormous sacrifices for a population of less than 6 million.

To be sure, the Kurds would not have been able to defeat ISIS without their American partners; however, the American people – scarred and fatigued by years of war in the Middle East – weren’t willing to shoulder the sacrifices of another ground war in Iraq. So the Pentagon launched a number of efforts to build the capacity of peshmerga forces and coordinate anti-ISIS operations – the Joint Coalition Coordination Center, Kurdish Training Coordination Center, Task Force Talon – all clustered around Erbil.

The main U.S. hub of operations in the KRG is located at the Kurdistan International Airport. Although Baghdad declared victory over ISIS in 2017, the United States has continued training peshmerga troops into 2018. The Pentagon earmarked \$365 million to sustain peshmerga personnel in 2018, and published reports suggest there are as many as five U.S. bases on KRG territory today. Those bases may prove more important than ever as the new government in Baghdad, with longtime U.S. foe Moqtada al-Sadr now holding the levers of power, takes charge.

STILL STATELESS That brings us back to the KRG’s powerful allies in the United States.

Calling Iraq’s Kurds “our true friends,” Sen. John McCain, R-Ariz., chairman of the Senate Armed Services Committee, argues, “If Baghdad cannot guarantee the Kurdish people in Iraq the security, freedom and opportunities they desire, and if the United States is forced to choose between Iranian-backed militias and our longstanding Kurdish partners, I choose the Kurds.”

Likewise, after the referendum, Senate Minority Leader Chuck Schumer, D-N.Y., declared, “The Kurds continue to get a raw deal and are told to wait for tomorrow It’s past due that the world, led by the United States, immediately back a political process to address the aspirations of the Kurds.”

In addition, executive-branch officials spanning the political spectrum, from President Barack



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KRG AT A GLANCE

Obama's vice president to President Donald Trump's national security adviser, have come to the conclusion that it's time to stop resisting the centrifugal forces that have been pulling Iraq apart and instead move toward some sort of partition.

The KRG came to that conclusion long ago. Today, it has 13 diplomatic missions around the world – including in the United States, Britain, France, Germany, Iran and Russia – and hosts 40 foreign missions/consulates, including those nations plus Egypt, Jordan, Saudi Arabia, South Korea, Canada, Japan, Brazil, the United Nations and the European Union.

Erbil has signed oil and gas development contracts with companies from 17 countries, and the KRG has a business environment that rates better than Jordan, Egypt and Russia, according to the Economist Intelligence Unit.

Yet the Kurdish people – spread across Iraq, Syria, Turkey and Iran – remain the largest ethnic group in the world without their own state.

Even so, the KRG is not without its own internal challenges. As *The Atlantic* reports, militias connected with the Patriotic Union of Kurdistan (PUK), one of the KRG's main political parties, were in charge of defending Kirkuk in 2017. Yet when they received "Abadi's assurances that the operation would be a limited one, the PUK made a tactical withdrawal."

Masoud Barzani, longtime KRG president and leader of the rival Kurdistan Democratic Party (KDP), resigned after the referendum and ensuing Kirkuk crisis. With deep political divisions exposed and independence put on hold, violent protests then flared across the KRG against both the Baghdad and Erbil governments.

TRENDLINES If the central government in Baghdad is now strong and organized enough to do what legitimate sovereign governments are supposed to do – maintain internal law and order, control and defend external borders, provide basic services, allocate resources equitably – that's good for America's interests, and it's not necessarily bad for Iraq's Kurds. The KRG could enjoy a high degree of autonomy and independence, while remaining part

Population: 5.2 million

Territory: 24,854 square miles – larger than Lebanon, Israel or Albania

Ethnic composition: Kurdish, Assyrian, Chaldean, Turkmen, Armenian, Arab

Religious composition: Sunni Muslim (98 percent), Shia Muslim (2 percent), Yazidi (a trace percentage, incorporating elements of Zoroastrianism, Christianity and Islam)

Demographic picture: 36 percent is younger than 14, 4 percent is older than 63, median age is slightly older than 20

Major cities: Erbil, Duhok and Slemani

Major employment sectors: Government, construction, trade and agriculture

Sources: Kurdistan Regional Government, Pew Research Center

of an Iraq that is whole but loosely connected at the federal/national level. It's unclear how a Sadr-dominated government will deal with the KRG, though Sadr is considered a strong Iraqi nationalist, which suggests he wouldn't be open to Kurdish secession or Kurdish control over Iraq's existing borders.

Still, the trendlines and momentum don't point toward the KRG remaining part of Iraq, which brings us back to the question of Kurdish independence.

Partition is tricky business and should never be entered into lightly. First, it's at odds with something we Americans deeply believe: that people can look past their superficial differences and find a way to get along, that character is more important than creed and tribe.

Second, it always looks simpler on paper than how it plays out in reality. Think of the partitions following World War I and World War II, the consequences of which we continue to deal with today: wars in Iraq and Syria, the ongoing Israel-Palestinian conflict, recurrent crises in the Balkans, the hair-trigger standoff in Korea.

Third, partition can undermine international stability. For centuries the world has been organized and governed by nation-states with clearly defined, internationally recognized borders. This has served as the foundation of international order. When we begin to erase or change those borders, there are consequences.

However, when trying to hold a state together becomes bloodier and more disruptive to international order than allowing it to break apart, the sensible course is to let that state dissolve. We may be nearing that moment in Iraq, as before in Yugoslavia. Washington is right not to hasten Iraq's dissolution. But when/if Iraq finally comes apart – whether due to chaos or corruption in Baghdad, interference from Tehran, another ISIS-type shock or newfound unity in Erbil – the United States should be prepared to help the freest, most stable, most pro-American part of Iraq join the family of nations. 🌿

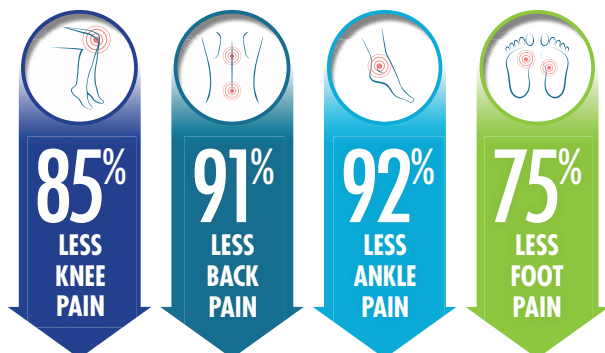
Alan W. Dowd is a senior fellow with the Sagamore Institute Center for America's Purpose.

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MIND, BODY & SOUL

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*Alan Sonnenberg,
senior vice commander
at American Legion
Post 32 in Longmont,
Colo., leads a yoga
class for veterans.*

Photo by Lance Murphey

American Legion posts host yoga sessions for veterans grappling with PTSD.

BY HENRY HOWARD

After leaving the Marine Corps, Jeff Drake felt alone. He lacked a community. He felt angry and hostile. He struggled to call himself a veteran.

Drake's demons raged for the next dozen years before he hit rock bottom.

"My life spiraled downward," says Drake, who served from 1979 to 1988. "In the winter of 2000, I was taken to the VA hospital. I was freezing to death in my shed and some lady got me to a veterans homeless program. I was too sick to protest."

He left the program after six months, but Drake's issues persisted. In 2007, his girlfriend threatened to leave him if he did not get help. "She thought I suffered too much, was haunted, did not sleep and had a substance-abuse problem. Around that time, my friend – a doctor, former Navy surgeon – told me I had PTSD."

Those conversations prompted Drake to seek help for his post-traumatic stress disorder. In time, he found yoga – the "meds" that soothe his soul.

'YOGA MISSIONARY' In his pre-yoga days, Drake weighed 210 pounds, took VA-prescribed drugs daily and smoked a pack of cigarettes each day. "The handful of drugs were the doctors' solution to my 'self-medication' of drugs and booze. But what's the difference?" he asks. "I still felt like s---, just in a different way. I isolated myself from people and did not engage socially."

Now, Drake is 175 pounds and engages in a 90- to 120-minute daily routine of breathing, prayer, mantras and meditation. "I teach yoga or attend a yoga class just about every day," he says. "That is my social time."

As chairman of The American Legion's Veterans Affairs & Rehabilitation Commission, Ralph Bozella is well acquainted with issues surrounding PTSD and its treatments. A meeting between Bozella and Drake, coordinated by their dentist, led to Drake sharing the benefits of yoga with other veterans.

Bozella recognized the importance of yoga as an alternative PTSD therapy early on. He invited Drake to join and start a program at John Harold Buckley American Legion Post 32 in Longmont, Colo. "If this is to happen, it has to happen through you," he told Drake. "Let's see where you can take this."

The twice-weekly yoga class launched about four years ago. Up to a dozen veterans and relatives show up at each session. Students do a variety of poses and stretches, loosening up their bodies and relaxing their minds.

"Jeff is a missionary for veterans yoga," Bozella says. "He's very passionate about this. At our meetings, he stands up and preaches the values of veterans yoga, linking it to PTSD therapy and suicide prevention, and how important it is to mental health. People know that once they take part in yoga, it works."

CAMARADERIE Like Drake and other veterans, Steve Pabst missed being around his military comrades. "They're a part of you," he says.

Pabst served in the 82nd Airborne from 1992 to 1996. About 10 years after leaving the Army, he felt the call to serve again, so he joined the Colorado National Guard.

During his first weekend drill, Pabst learned his unit would be deployed to Iraq. "There I was on active duty once again," he says. "It was a big surprise and a lot of things went sideways for me and my family, but thankfully I made it out OK."

Since leaving the Colorado Guard in 2010, Pabst has engaged in yoga as a way to not only forge friendships with other vets but to work through personal issues.

"Before, I was very tense and not able to deal with people well," says Pabst, who has been diagnosed with PTSD and bipolar disorder. "I have come to this yoga class and have met new people to replace the ones who were my friends. It's helped me rebuild camaraderie, which is so important."

Now, every Monday and Wednesday, Pabst wakes up energized and ready for another session. "Yoga is an outlet, a sanctuary, a way to channel this energy," he says. "I can't wait to go to class. There are a lot of times when my family wants to go here or here. I tell them, 'No, not until yoga is over.' It's essential. It has to happen."

After yoga at Post 32, Pabst does some stretching on his own to relieve his arthritis. Then he's ready for the day.

"I can go home and deal with family issues, work issues," says Pabst, who serves as Post 32's historian. "I can deal with people much better."

I can feel the difference, and I directly attribute it to my class in the morning.”

TEACHING THE TEACHERS Post 32 is one of a growing number of American Legion posts that host or support yoga programs for veterans. Instructors study and are trained in a variety of yoga practices and techniques.

Drake, for example, traveled to India last summer to better understand the Iyengar style, which focuses on precise movements, sequence and timing.

VEtoga, a nonprofit founded by Marine Corps veteran Justin Blazejewski three years ago, trains veterans to become yoga instructors. After his service, Blazejewski worked as a civilian contractor in Iraq. “I saw a lot of combat,” he says. “I saw a lot of sides of war that most people don’t see, being out in the thick of things.”

Initially, Blazejewski dealt with his stress by training for and running marathons. Then an injury sidelined him around 2008. “I was in a really dark place,” he recalls. “I was depressed, suicidal, very angry, agitated, reactive – all the symptoms that somebody would have with PTSD. I never wanted to admit it and never wanted to get diagnosed because I didn’t want to lose my security clearance. So I swallowed it and dealt with it until it got to a point where I got desperate – desperate enough to try yoga.”

Blazejewski remembers being impressed by the physical and calming aspects of yoga. “This was a pretty good workout,” he says of his first class. “As soon as I laid down and closed my eyes and the teacher was doing a guided relaxation, that’s where I felt my mind turn off. All the chatter that was in my head, all the anger, all that stuff that was going on, disappeared in that one moment.

“Once you get a taste of that, that sweetness, you know it’s something special.”

Blazejewski sees yoga as a solution for other veterans suffering from PTSD. It can be “that light for others who are out there like I was – living in the darkness, suicidal, dealing with PTSD, drug addiction, the opiates. It’s the one thing that I was good at, and that I was going to master and share.”

He started by learning how to be an instructor, then leading free classes for veterans. Recognizing that they might be more inclined to take classes taught by fellow vets, he created VEToga. Post 24 in Alexandria, Va., hosts the training sessions.

So far, 90 veterans have graduated from VEToga and are now practicing around the nation, leading classes for an estimated 10,000 students. “The post

Read an interview with VEToga’s founder:

 www.legion.org/magazine

Watch a video:  www.legion.org/legiontv

offering the space for us to do this training at zero cost for the veterans was a game-changer,” he says. “That relationship has changed the lives of dozens of people who have come through that facility, and countless others who take the classes.”

‘FELLOWSHIP IS THE FOUNDATION’ Yoga teaches practitioners to open up: open up their hips, open up their core, open up their minds.

For Marine Corps veteran Michael Stickley, yoga cracked open his exterior, allowing suppressed emotions to flow out and starting his healing.

“I never knew how to get rid of my problems and would just bury them, like most of us do,” says Stickley, who practices yoga and meditation daily.

“I had stuff that happened when I was in the Marine Corps that came up during teacher training. I broke down. I was like, ‘I am a big bad Marine. Why am I sobbing over here in the corner?’”


One of the VEToga-trained instructors, Stickley brought weekly yoga classes to Post 176 in Springfield, Va., earlier this year. The effect on some of his students was immediate, he says.

“I’ve seen some veterans come in and their eyes dart around – they are definitely uncomfortable in the yoga environment,” he adds. “By the end of the class, they are a lot calmer. They are focused. Their eyes don’t dart around as much. They are definitely way more relaxed.”

In Longmont, while Drake was overseas, Pabst and Alan Sonnenberg – Post 32’s senior vice commander – kept the sessions going. In four years, Sonnenberg went from never doing yoga to leading the class sessions.

“I wish I would have started this 10 years ago,” he says. “It’s great for the body. I feel wonderful afterwards. I bought a couple of books and practiced the poses. When Jeff isn’t here, I take it upon myself to lead the classes.”

Drake appreciates their commitment. He says he’d like to see the program expand so that even more veterans can experience the healing powers of yoga.

“The fellowship is the foundation,” he says. “The program is working because community is the principal thing for suicide prevention. It is a hub activity from which many other opportunities can spin.” 

Henry Howard is deputy director of media and communications for The American Legion.

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POST ACTIVITIES

The Erie Bean Feed

For more than 90 years, Kansas post has brought community together for food, fun and camaraderie.

They start in Erie, Kan., around 7 a.m. on a Friday, dropping 1,400 pounds of navy beans into more than 50 kettles, each weighing between 25 and 75 pounds when filled with water. A few hours later, a team lights a fire under each kettle, using a propane tank attached to what looks like a combo blowtorch/hair dryer.

For the next five or so hours, members of the George L. Hendricks Post 102 American Legion Family will add seasoning and meat to the pots until the beans are ready for hundreds of Kansans lined up with their own pots, pans, buckets and coolers. At 6 p.m., the serving lines open, and 26 minutes later – a testament to the efficiency post members have developed over 90 years of experience – the lines are gone and nearly all the beans have been served.

“Most of these guys are here helping every year,” Post 102 Sergeant-at-Arms John Gilbreath says. “That’s how we’re able to do what we do.”

The bean feed is part of Erie’s Old Soldiers and Sailors Reunion, which celebrated its 145th year July 9-14. Jack McGowen, a six-time commander for Post 102, believes it began sponsoring the reunion around 1925.

Gilbreath has helped cook and serve beans for 14 years, saying dedication and patriotism keep bringing him back to brave temperatures that hit the mid-90s this year.

“It’s been going on 145 years,” he says. “You’re talking about a small town and a bunch of country people pulling together to make things work. You’ve got to keep it going. It’s just like celebrating the Fourth of July. It means something to us.”

It means a great deal to local residents, too. Alberta Westhoff, 80, travels nine miles every year for the bean feed. An American Legion Auxiliary member for more than 50 years, she says it’s a great opportunity to get together with others and catch up with old friends.

“You see a lot of class reunions this week,” Westhoff said. “It’s a good time for everyone.”

Bill Locke, a 92-year-old member of Post 102, was born and raised in Erie, spent 24 years in the Navy and now lives in Raymore, Mo. He came to the reunion when he was young and spent years helping cook beans. Now – after a 120-mile ride on his Harley-Davidson trike – he sits back and watches, a fixture at the bean feed who comes for the “camaraderie. There will be people here I haven’t seen for 40 years.”

Though he still enjoys the reunion and won’t miss a bean feed, Locke does miss the old days. “This was before television, air conditioning and microwaves,” he said. “People would get their beans, sit here in the courtyard, and eat and talk.”

The bean feed is just part of the Legion’s involvement. On July 10 and 11, Post 102’s outdoor area hosted the 38th annual American Legion IPRA World Championship Rodeo. The event started in 1980 with portable everything, including chutes. Now it has permanent chutes, corrals, bleachers, concession stands and an announcer’s box. Members of the International Professional Rodeo Association and the American Cowboy Rodeo association compete.

The Legion-sponsored week also offers a concert, fireworks, a youth rodeo, a 5k run and walk, a car and truck show, a golf outing, and a parade down Main Street – right in front of Post 102 – on the final day. All Legion posts in the 3rd District are invited to march, and more than 100 Legion Riders participate. This year’s parade also included Department of Kansas Commander Dan Wiley, Department Adjutant and Past National Commander Jimmie Foster, and other state Legion leaders.



VERBATIM

The movie is much more interesting than the experiences I had. Robin Williams is very funny. I’m not. Williams is the disc jockey I would have liked to be.

Adrian Cronauer, on the release of the 1988 movie “Good Morning Vietnam!” that his experiences as a deejay on Armed Forces Radio inspired. An Air Force veteran, he later became a broadcasting executive, lawyer and Defense Department official. Cronauer, who died July 19, also served on the Citizens Flag Alliance board of directors. In 2006, he told the *Deseret News* that the Supreme Court’s decisions have made it “quite obvious that the only way to protect the flag would be through a constitutional amendment.” Source: The Washington Post



Randy Locke adds chopped onions to boiling cauldrons of Great Northern beans during the 145th Annual Erie Bean Feed in Erie, Kan., on July 13. George L. Hendricks Post 102 has been a sponsor of the event for more than 90 years. Photo by Adam Vogler

This year's grand marshal was David Larsen, who served in the Navy from 1966 to 1972 and received the Navy Cross as gunner's mate on River Patrol Boat 775 in Vietnam. A member of Post 102, Larsen says the Legion's role in the Old Soldiers and Sailors Reunion shows members' commitment to ensure that all who served in uniform are remembered and honored.

"Now veterans are treated with respect, and I think it was a handful of veterans who helped change that," Larsen says.

"I don't think you ever see (veterans) treated like they were (after Vietnam) because of the people who are here today."

Roger May, an American Legion Rider from Post 225 in Ozawkie, Kan., rode more than 150 miles for the second year in a row to attend the bean feed and ride in Post 102's parade the next day. "I heard about it from other (Legion) Riders who said it was a neat thing to see," he says. "As you can see, it is."

— Steve B. Brooks

MILITARY

Qatar offers base expansion

Qatar has proposed extensive plans to deepen its partnership with the United States by expanding U.S. housing, bases and facilities in the Persian Gulf nation.

As Defense One reports, "Qatar is planning to build about 200 houses for American families, increase capacity at dormitories, and construct an entertainment facility at Al Udeid Air Base, a sprawling military complex that hosts U.S. Air Forces Central Command and its operations center, which oversees U.S. military operations in the Middle East and Afghanistan." Al Udeid currently hosts some 9,000 U.S. and allied military personnel, along with 100 warplanes.



U.S. Air Force photo by Staff Sgt. Corey Hook

WAR ON TERRORISM

The 9/11 attacks, remembered

- 19** Hijackers of four fuel-loaded U.S. commercial airplanes bound for West Coast destinations
- 2,977** People killed in New York City, Washington, D.C., and outside Shanksville, Pa.
- 2,753** People killed at the World Trade Center (WTC) site in Lower Manhattan
- 343** New York City firefighters who died in the initial attacks and subsequent collapse of the WTC towers
- 23** New York City police officers who died
- 37** Port Authority officers who died in the initial attacks and subsequent collapse of the WTC towers
- 2** Age of youngest victim **85** Age of oldest victim
- 184** People killed when hijacked American Airlines Flight 77 crashed into the Pentagon
- 40** Passengers and crew killed when United Flight 93 crashed near Shanksville, Pa.
- 1,641** WTC victims' remains positively identified as of August 2017
- \$500,000** Estimated amount of money it cost to plan and execute the 9/11 attacks
- \$123 billion** Estimated economic loss during the first two to four weeks after the WTC towers collapsed in New York City, as well as decline in airline travel over next few years
- \$60 billion** Estimated cost of the WTC site damage, including surrounding buildings, infrastructure and subway facilities
- 3.1 million** Hours of labor to clean up 1.8 million tons of debris **\$750 million** Total cost of cleanup
- 22** Governmental agencies rolled into a single Department of Homeland Security, including the Customs Service, the Immigration and Naturalization Service, the Coast Guard and the Federal Emergency Management Agency, after 9/11

Source: CNN



The National September 11 Memorial in New York City Getty

VERBATIM

I still have the shoes I wore to work that day. The soles are melted and they're caked in ash. I keep them in a shoebox with the word 'deliverance' written all around it. They're kind of like my ark, a reminder of God's presence and the life I owe to Him.

Stanley Praitmuth, 9/11 survivor

Source: Guidedposts

HONOR & REMEMBRANCE

Desert Storm memorial approved for National Mall

The site for a national memorial to Americans who served during the first Gulf War has been selected.

The National Desert Storm War Memorial Association (NDSWMA) announced in June that final approval has been won for the memorial to be constructed at 23rd Street and Constitution Avenue in Washington, just north of the Lincoln Memorial and close to the Vietnam Veterans Memorial. According to U.S. Code, building in Area I is only approved if "the subject of the commemorative work is of pre-eminent historical and lasting significance to the United States."

Scott Stump, the Desert Storm Marine Corps veteran heading the project, told *Military Times* that NDSWMA was "very pleased and very relieved" at the memorial's approval. His team scouted more than 100 possible sites.

"It's in close proximity to the National Mall and the other memorials and commemorative works to where a person could actually access it, could walk to it, easily," Stump said. "We felt like if you have something that's the most beautiful memorial in the world, but it takes a lot of work for people to get there and people aren't going to visit, it kind of defeats our purpose."

The final design will require approval from the National Park Service, the National Capital Planning Commission and the U.S. Commission of Fine Arts.



Photo courtesy National Desert Storm War Memorial Association

Stump wants the memorial to remind visitors that Desert Storm "was a big deal – it affected 700,000 people, and it was also one of the most overwhelmingly successful military operations in history."

Fundraising efforts are ongoing. No tax dollars or government money will be used for construction. The American Legion passed a resolution supporting construction of a national Desert Storm memorial in 2017.

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U.S. Navy photo

ACTIVE DUTY

New drone squadron to patrol South China Sea

In response to China's efforts to annex the South China Sea piecemeal – including constructing artificial islands in international waterways, deployment of missile systems in the region and construction of runways capable of deploying bomber aircraft – the United States is sending high-altitude, long-range MQ-4C Triton drones to the region.

As *Army Technology* reports, the first Triton squadron, dubbed "Unmanned Patrol Squadron 19," comprises two aircraft. They arrived at Andersen Air Force Base in Guam over the summer.

"Once the drone reaches initial operational capability in 2021, the Navy plans to deploy two more aircraft in Guam, with the four Titans making up one 24-hour, seven-day orbit," *Army Technology* says.

The Triton can fly more than 24 hours without refueling and has a range of 8,200 miles, which will enable the unmanned planes to cover a lot of South China Sea territory.

"The data collected by the two drones will be fed back to ground stations at Naval Station Mayport in Florida, Naval Air Station Whidbey Island in Washington, or to P-8A Poseidon submarine hunters," according to *Army Technology*. The planes will also communicate with manned Navy P-8 anti-submarine aircraft.

"During surveillance missions using Triton, Navy operators may spot a target of interest and order the aircraft to a lower altitude to make positive identification," explains Mike Mackey, Northrop Grumman's Triton UAS program director.

The MQ-4C Triton platform is equipped with 360-degree optical sensors, allowing it to spot and track maritime targets from 60,000 feet.

ACTIVE DUTY

Risks, costs of military service

Since 2006, 15,851 active-duty personnel and mobilized reservists have died while serving in the U.S. Armed Forces, *Military Times* reports, citing a study by the Congressional Research Service (CRS). However, only 28 percent of those deaths came from going to war, the *Times* adds.

That translates into 11,341 U.S. military deaths that have occurred "under circumstances unrelated to America's ongoing wars." Causes of death in these cases include accidents, self-inflicted wounds, substance abuse and illness. Of this number, 93 percent occurred in the United States.

The CRS report adds that U.S. military deaths since 2006 have occurred in more than 70 nations.

HONOR & REMEMBRANCE

World War I memorial clears hurdle

The National World War I Memorial at Pershing Park in Washington, D.C., is moving closer to construction, after the latest design concept gained approval from the U.S. Commission of Fine Arts (CFA) on July 19.

"We will continue to push forward in this effort," said Terry Hamby, chairman of the U.S. World War One Centennial Commission. "Our veterans deserve our best effort, and we owe it to them."

Hundreds of people across the country wrote letters to the CFA, voicing support for the memorial. Since Congress designated Pershing Park as the site of the new National World War I Memorial in 2014, the Centennial Commission has been collaborating with federal regulatory agencies to design an integrated park and memorial, honoring the more than 4 million Americans who served in World War I.

The commission plans to complete construction of the memorial in 2020. It is funded through private donations.

For updates on the memorial project or to donate, go to ww1cc.org/memorial.

HONOR & REMEMBRANCE

Nashville Post 5 to host York Centennial Celebration

On Oct. 27, American Legion Nashville Post 5 will host a state and national celebration of Sgt. Alvin York, Tennessee's most decorated World War I veteran and recipient of the Medal of Honor. The event is open to the public and begins at 11 a.m. on the grounds of the Tennessee State Capitol, at the York statue on the corner of Charlotte Avenue and 6th Avenue North.

On Oct. 8, 1918, York and his squad captured 132 Germans in the Argonne Forest near the Meuse River in France. Gen. John Pershing, commander of the American Expeditionary Forces, called York the "greatest civilian soldier" of World War I. By an act of the Tennessee General Assembly, a statue was erected in York's honor and dedicated in 1968.

Post 5 was asked by state Rep. Sam Whitson to plan the centennial celebration event. York was present in Paris when The American Legion was founded in 1919 and was a charter member.

The program will include remembrances and music, followed by a food and drink reception in the adjacent lobby of the Andrew Jackson State Office Building.



Photo courtesy Tennessee State Library & Archives

HONOR & REMEMBRANCE

'Bells of Peace' to ring Nov. 11



**BELLS
OF PEACE**

The World War One Centennial Commission – along with the Pritzker Military Museum & Library, the Society of the Honor Guard of the Tomb of the Unknown Soldier, the National Cathedral, The American Legion, and Veterans of Foreign Wars – has announced a nationwide bell-tolling on Nov. 11 as a solemn reminder of the sacrifice and service of veterans of the Great War, and all veterans.

"Bells of Peace: A World War One Remembrance" encourages citizens and organizations across the nation to toll bells in their communities 21 times at 11 a.m. local time on Nov. 11.

In Washington, D.C., bells will toll in the National Cathedral at an interfaith service, marking the centennial of the armistice that ended hostilities in what Americans fervently hoped would be "the war to end all wars."

"I encourage American Legion posts to not only participate, but to encourage participation at local houses of worship, schools, town halls, firehouses, police stations – anywhere people may gather on that day to honor and remember," says John Monahan, the Legion's representative on the World War One Centennial Commission.

The nationwide program is designed to honor Americans who served 100 years ago during World War I, especially the 116,516 who died. The war ended by an armistice agreement at 11 a.m. on Nov. 11, 1918.

The commission has a page on its website – ww1cc.org/bells – where people can find poetry, music, sacred service options and more. Individuals and organizations can sign up online to participate in the bell-tolling, and follow up after Nov. 11 with photos and video of their service or ceremony. Posts will be added to the commission's permanent archive.

Bells at Yale University

Wikimedia Commons



THE GREAT WAR 100

HONOR & REMEMBRANCE

'Having the time of our young lives'

Editor's note: Throughout the Great War's centennial, The American Legion Magazine will publish excerpts from the letters of D.B. "Bernard" Ryan of Albion, N.Y., who served as an Army infantry officer and helped found American Legion Sheret Post 35 in 1919.



SOMEWHERE IN FRANCE SEPT. 17, 1918

Dear Mother:

I am glad to note, as per clipping you sent, that the Government has taken over all yarn and will not allow so much work to be done, because I feel that a large majority of it has been wasted.

It has become absolutely essential for us to reduce our kits and packs to the minimum, and in doing so much, property has had to be turned in. I have left a trunk with a storage company, a bag in a woods, and other property here and there and besides that have given away to those who needed, many socks and other articles, and my roll is now getting down to the right size. We are only allowed 50 pounds and the men now have only what they can carry on their backs, and in the hiking we have had during the past few weeks I think they have all decided that that is ample. It is really remarkable how one can eliminate the frills of civil life and get down to just a few needed articles.

American rations in good quantities are coming to us now and we are all having the time of our young lives.

I am wondering just what the newspapers at home are saying about a recent drive of which we have more or less intimate knowledge, and I wish I could see the *New York Times* of the past three or four days. I think that perhaps going without the morning newspaper is one of our greatest trials. I would indeed appreciate having some copies of the *Times* sent to me, and although

they would be six or eight weeks old when I received them they would be interesting to have. I am sending you a six months subscription to the *Stars and Stripes*, which you may find interesting.

SEPT. 21, 1918

Had a letter from Riheldaffer, my Dix roommate, yesterday, and was glad to hear from him. He fell in slippery mud some weeks ago and fractured two bones in his foot. Has been in hospital in England since but expects to get back to us shortly.

By this time, you have read about the big American gains of two days ago. They exhausted all of us even more, perhaps, than did the gains of July.

Read yesterday about the death of Lt. Putnam, the American ace, and it brought to my mind a query as to what Stevens had been up to lately. His mother and his relatives must be very proud of him indeed. Records of achievement make me yearn to do something big myself. Perhaps the opportunity will come to me. I wonder if I will meet it squarely when it does.

Some of our officers went back to the States a few weeks ago. I asked one to write you a note to say that I was OK in every respect. Am hoping today's mail – it has been coming in more or less regularly for the past few days – will bring some word from you. The scarcity of my letters received is probably unequaled by anyone else. So please send along a few right away.

D.B. Ryan

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Legionnaires unveil a centennial monument in Missouri City, Texas, on May 28. Photo by Jeff Stoffer

HONOR & REMEMBRANCE

Centennial monument spurs future project in Texas

No one is certain when it was first dedicated or how the 21-acre American Legion Park in Missouri City, Texas, came to be. "It was named American Legion Park, in honor of The American Legion, many years ago," Missouri City Mayor Allen Owen said. "I have been in office 32 years, and it was here long before I was ever mayor. I don't even know how far back it goes." The park got a second, better-documented start on May 28 in this growing community of more than 70,000 just outside Houston.

William "Tony" Workman American Legion Post 294 in Missouri City revived the park's misty identity with a ceremony honoring the Legion's centennial. Dee Workman, wife of the post's first commander and eventual namesake, joined Post 294 Commander Jack Williams and Texas 9th District Commander Charlie Miller in unveiling the 5-foot black granite monument near the park's lake. American Legion Past National Commander David Rehbein, chairman of the organization's 100th Anniversary Observance Committee, delivered keynote remarks, and then-Department of Texas Commander John Hince gave a Memorial Day tribute.

The American Legion Park monument is inspiring a \$1.5 million Missouri City Veterans Memorial in a public plaza, next to the new city hall visitors center three miles from American Legion Park.

"About 18 months ago, we had a concept to do something to let the rest of the city know that we have a presence – The American Legion," explained Vietnam War veteran and Post 294 Centennial Chairman Denny Thibault. "We thought the best vehicle we could use was the centennial program."

"We are just tickled to death that The American Legion has this memorial," Owen said. "It kind of kicks off what we're trying to do in the city: build a veterans memorial." He said the city's 501(c)(3) Parks Foundation is now raising funds for the memorial, designed in the shape of a star – each point representing a branch of military service – along with a water feature, parking and reflecting pools.

"This was indeed a stimulus," Thibault said of the Legion centennial monument. The post raised \$7,000 for its construction and installation, mostly through individual contributions.

– Jeff Stoffer

HONOR & REMEMBRANCE

Century in the making

The American Legion Department of Texas dedicated a centennial monument in the heart of downtown San Antonio on July 14.

"It gives us a legacy landmark in the city of San Antonio, which is Military City USA," said 20th District Commander Al Alford, who oversaw the project. "We now have national, statewide and local recognition of the principles of The American Legion. This is a significant day for us."

Located outside the Cadena-Reeves Justice Center on Dolorosa Street, the monument has shields of each service branch and a 50-year time capsule with memorabilia from more than 100 Texas posts. Two plaques were originally markers for the state's old American Legion Highway.

"We took those plaques out of storage and got them refurbished and straightened out," Alford said. "The look is fantastic for our monument."

John Hince, Texas' 2017-2018 department commander, hopes people notice more than just the design. "Every branch of the military is represented. I see the emblem of The American Legion, which is the organization I have chosen to serve, as have our comrades here. If passersby walk by and just think that veterans have done a lot for our country, maybe that's enough."

– Henry Howard



The Department of Texas unveiled its monument outside the Cadena-Reeves Justice Center in San Antonio in commemoration of The American Legion's 100th anniversary. Photo by Cynthia Esparza



THE AMERICAN LEGION

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100 Years

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Next year the U.S. Mint will issue three commemorative coins to recognize the 100th Anniversary of The American Legion.

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PERSONAL FINANCE



You need a financial GPS

FOCUS ON FINANCES



J.J. MONTANARO

We'd never been so lost. On a European vacation a few years ago, my family made the mistake of trying to find our hotel with the aid of a foreign-language paper map (OK, I did). What should have been a 20-minute trip turned into a two-hour fiasco.

Lesson learned. After a short nap, we found the nearest electronics store and spent a couple of hundred dollars on a new GPS.

What does that story have to do with financial advice? Well, it's all about the beauty of the GPS; without it, we didn't know exactly where we were or how to get where we wanted to go.

Do you know where you are and where you're going with your money?

Unfortunately, there's no financial GPS that allows you to hit the power button and get all the answers, options and directions. But there is something that can help: a financial plan. Here are three key elements that should be part of your plan:

■ **Insurance review** Health, life and property insurance can protect you from financial catastrophe. Assessing what you have and what you need is critical, and that's especially the case if you're navigating some big changes (job, birth of a child, etc.). Updating your protection plan during major life changes is also important.

■ **Spending plan** Budget, spending plan, cash flow management – whatever you call it, make sure you have a game plan to save money and spend less than you earn.

■ **Short- and long-term savings and investments** From building an emergency fund to creating long-term financial security, planning and executing your plan will allow you to hit the mark.

Of course, there are a bunch of other important details – tax planning and legal documents both come to mind. The key is to get started today. Figure out where you are and where you want to be.

In a nutshell, a financial plan is an assessment of where you are, and strategies to help you address your shortfalls and achieve your financial goals. The USAA Financial Readiness Score may be just what you need to get started. It's almost like a financial GPS. Visit usaa.com/myfinancialscore to begin the journey.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

🌐 www.legion.org/usaa/focusonfinances



Photo courtesy American Legion Post 21

CENTENNIAL

Post 21, Bath, Maine

Bath was the site of the 1968 Golden Anniversary Convention for the American Legion Department of Maine. The post's Centennial Celebration page includes pictures of the program cover and details of the convention parade. Going further back, the page also has minutes from the post's first general membership meeting in 1919.

SHARE YOUR POST'S LEGACY

Upload stories, photos and videos of your post's history on the Legion's Centennial Celebration website.

🌐 www.legion.org/centennial

EDUCATION



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Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our website, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

1503rd Air Transport Wing, MATS, Auburnville, FL, 10/25-28, Jim Hoffman, (612) 708-8653, jimneiko@msn.com; **Aerial Reconnaissance Assn**, Minneapolis, 9/6-9, David Castaneda, (512) 903-1044, divotcas@gmail.com

ARMY

1st Plt D Co 2nd Bn 5th Cav 1st Cav Div, Mundelein, IL, 3/30-31, John Hodge, (812) 453-7667, jdhodge44@yahoo.com; **2nd Bn 163rd Cav "Hellcats,"** Kalispell, MT, 9/14-16, Carl Munsey, (406) 240-2892, snuglmecls@aol.com; **317th, 614th & 263rd LEM Co**, Charlotte, NC, 10/18-21, Jack McCabe, (847) 778-3473, jmccabe51@gmail.com; **A Co & Others, 3rd Bn 22nd Inf (Vietnam, 1966-1967)**, Washington, 9/4-6, John Sweeney, (703) 470-2264, sweeneyje@cox.net; **Great Bend Municipal Apt B-29**, Great Bend, KS, 9/28-30, Martin Miller, (620) 793-4168, greatbendairport@ruraltel.net

JOINT

Const Force Support Unit 3 & Reserve Mobile Const Bn 24, Blacksburg, SC, 10/6, William Queen, (704) 616-3542, pete.queen@yahoo.com; **Navy/CG CPO Fall Fling**, Cocoa, FL, 10/10-14, Carl Barrett, (863) 299-9009, cbarret4@yahoo.com; **Red Horse and Prime Beef Assn**, Las Vegas, 10/8-12, Dick Aldinger, (407) 859-7436, famdinger@aol.com

NAVY

Assn of Minemen, Jacksonville, FL, 10/9-12, John Epps, (509) 366-0214, mncm@aol.com; **Brownson DD 518/868**, Virginia Beach, VA, 5/8-12, Thomas Holcomb, (218) 750-1533, ussbrownson1972@gmail.com; **Bryce Canyon AD 36**, Charleston, SC, 10/7-10, Bruce Campbell, (408) 729-6088, bluejacket411@gmail.com; **Calvert APA 32 & Harry Lee APA 10**, Springfield, MO, 9/26-29, Thomas Upchurch, (509) 482-2620, tsupchurch@msn.com; **Canopus AS 34**, San Antonio, 10/9-13, Carl Rennerfeldt, (402) 533-3271, cmrenner@abbnebraska.com; **Cascade AD 16**, Austin, TX,

9/27-30, Butch Fox, (512) 955-0149, bassguitarbybutch@gmail.com; **Compton DD 705**, Tampa, FL, 4/26-28, Joe Napoli, (609) 409-7678, jsnap29@gmail.com; **Farragut TB 11/DD 300 & 348/DLG 6/DDG 37 & 99**, Norfolk, FL, 10/11-14, Thomas Randall, (954) 790-5739, farragutshipsassociation@gmail.com; **Heavy Attack Sqdn**, Tucson, AZ, 10/10-13, Gerald Tripp, (951) 926-6047, trippg748@verizon.net; **Hopewell Assn**, San Antonio, 10/1-5, Doug Greybeal, (417) 589-0244, douggraybeal@aol.com; **James C. Owens DD 776**, Savannah, GA, 9/26-30, Franklin Kleinsorgen, (240) 298-1011, frankkjr@outlook.com; **Leary DD/DDR 879**, Portland, ME, 10/13-18, Al Redden, (308) 530-1284, alshr@allophone.com; **Lloyd Thomas DD/DDE 764**, San Antonio, 2/24-27, Scott Sheffer, (814) 797-5458, lloydthomas@atlanticbb.net; **Murray DD/DDE 576**, Harrisburg/Hershey, PA, 9/19-23, Neil DenBleyker, (315) 673-2181, ndenblke@aol.com; **Nat'l Assn of Naval Photography (All Mil Photographers Invited)**, Jacksonville, FL, 10/10-12, Bill Solt, (321) 362-5806, nanpvpres@gmail.com, www.navyphoto.net;

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NMCB 4, Branson, MO, 4/25-28; **Perry DD 844**, Branson, MO, 9/20-24, Joan Guariniello, (727) 868-9368, jandlassoc@aol.com; **Peterson DD 969**, 4/12-14, Virginia Beach, VA, Tuan Nguyen, (757) 676-2894, tuan.nguyen.7314@gmail.com; **Rushmore**, Las Vegas, 9/17-21, Richard C. Phillips, (239) 997-0777, ri081539@yahoo.com; **Satyr ARL 23 & LST 603**, Baton Rouge, LA, 5/16-20, Charles Massey, (410) 883-3361, ctbwonder@verizon.net; **Seminole AKA104**, Raleigh, NC, 5/2-4, Terry Johnson, (661) 599-2270, captaintaj46@yahoo.com; **Sperry AS 12**, Mobile, AL, 9/26-29, George Planic, (847) 665-9810, sperryrpresident@gmail.com; **Taussig DD 746**, New Orleans, 9/19-23, Donald Johnson, (859) 745-2973, hihatky@yahoo.com; **VA-115 (Korea, 1948-1953)**, Wichita, KS, 9/6-8, Joe LeBlanc, (870) 404-8605, joeleb147@suddenlink.net; **Virgo AKA 20 & AE 30**, Riverside, CA, 9/12-16, Steve Wamsley, (740) 222-1561, selres@frontier.com

LIFE MEMBERSHIPS

Post 255, CA: William Bailey, Robert Deptula, William F. Devaney Jr., Rudolph Garcia, Silas Gross, Guadalupe Gusman, Alwin B. Holman, Ramon V. Lugo, Bennie Morris, Blas Zala
Post 266, FL: Wolfgang Entensperger, Phillip Mitchell
Post 347, FL: Robert D. Colby, Howard R. Hess, Michael J. Kavcsak, Thomas Mann, Francis J. Mason, Raymond M. Seigler, George R. Ulrich, Roy G. Weber, Thomas D. Wilkinson, Joseph F. Wodjenski

IN SEARCH OF

1st Bn 35th Armor (Ferris Bks, Erlangen, West, Germany, 1970-1972), Fred Ramm, freddyr3@centurylink.net
63rd Med Det (Landstuhl Med Ctr, Germany,

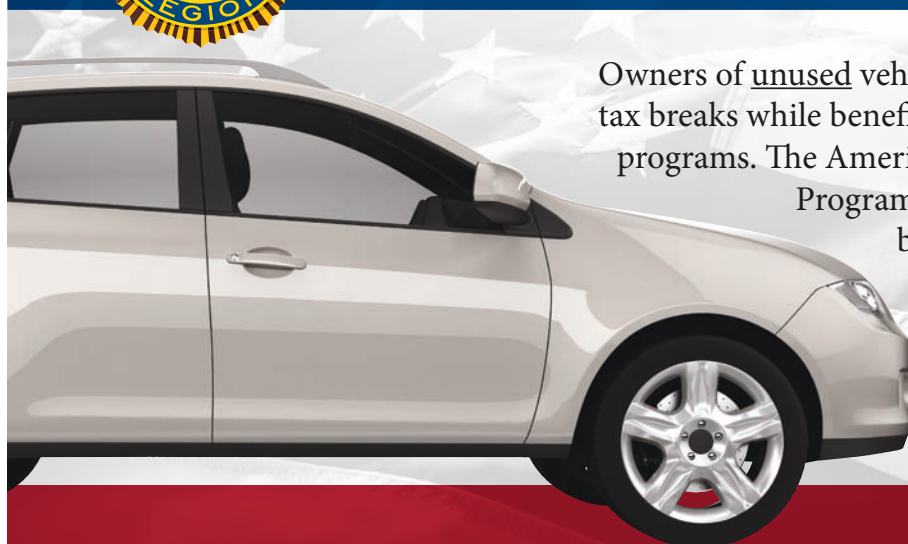
1957), Marvin G. Back, (678) 454-0040, andmar@etcmail.com
207th Sig Co (Verona, Italy, 1957-1960), Jerome King, (410) 922-6781, jerry01king@yahoo.com
511th Eng Panel Bridge & 553rd Eng Float Bridge (1965-1972), Clyde "Gino" Phillips, genephi213@gmail.com
764th Med Det & 86th Dental Clinic (Giessen, Germany, 1957-1960), Jerry L. Oates, (870) 329-3408, oates.jerry@yahoo.com
Leary DD/DDR 879, Al Redden, (308) 530-1284, alshr@allophone.com

TAPS

Robert F. Woodruff, Dept. of Georgia. Dept. Cmdr. 1998-1999, Nat'l Americanism Cncl. Vice Chmn. 1993-1998 and Nat'l Americanism Cmsn. Memb. 1998-2007.



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A yawn is just a silent scream for coffee.

I JUST GOT FIRED from my job at the keyboard factory. They said I wasn't putting in enough shifts.

A GOLFER walks off the 18th green, hands his putter to the caddie and says, “Kid, you’ve got to be the worst caddie in the world.”

The caddie replies, “Sir, that would be a coincidence.”

WANT TO HEAR a roof joke? The first one's on the house.

A SUNDAY SCHOOL TEACHER was describing to the class how Lot's wife looked back and suddenly turned into a pillar of salt.

“My mother looked back once while she was driving,” one boy said, “and she turned into a telephone pole.”

ONE EMPLOYEE complained to another, “I’m so nearsighted I nearly worked myself to death.”

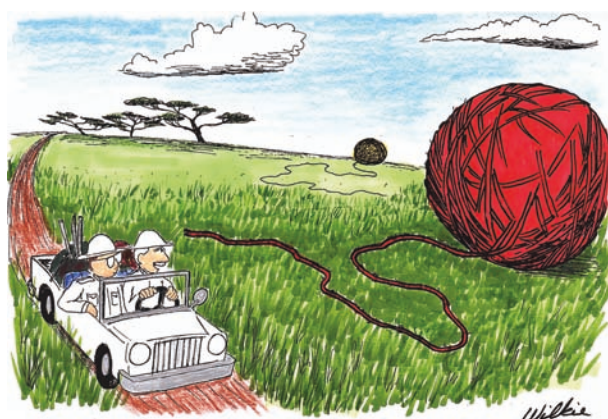
“What’s being nearsighted got to do with that?” the other employee asked.

“I couldn’t tell whether the boss was watching me or not, so I had to work all the time.”

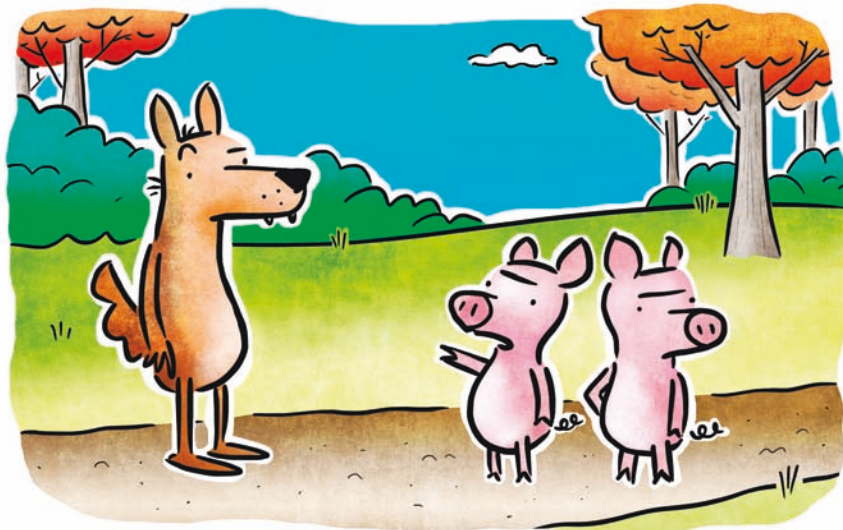
A POLICE OFFICER pulled a driver over and asked to see her license. After looking it over, he said to her, “Ma’am, it says here on your license that you should be wearing glasses.”

“Well, I have contacts,” the woman replied.

“Look, lady, I don’t care who you know,” the officer snapped. “You’re getting a ticket.”

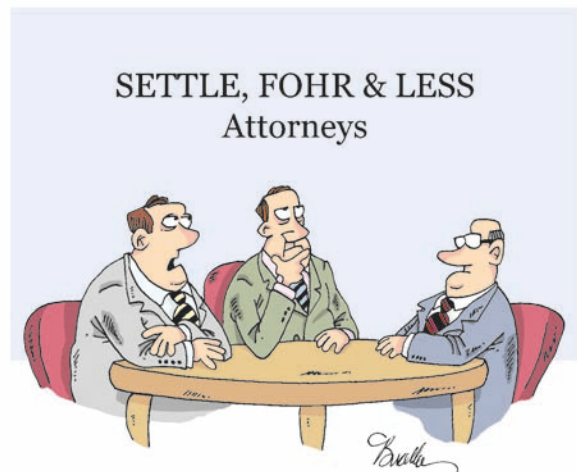


"I believe we're in big cat country now!"



**"You huff and puff, we move in with our brother,
and we all split the insurance money."**

ANDERSON



“Either we change the name order or one of us has to go.”

A MAN tried to sell me a coffin today. I told him that's the last thing I need.

I TRIED TO TYPE “functional adult” the other day, but my phone autocorrected it to “fictional adult.” I feel like that’s more accurate.

AS A WOMAN was watching a soap opera, her husband asked, “How can you cry over imaginary problems of people you’ve never met?”

She replied, "For the same reason you scream and yell when a man you don't know makes a touchdown."

NOTHING is more responsible for the good old days than a bad memory.

"AUTHORITIES IN FLORIDA are searching for two men who left an injured alligator at a convenience store. Said the alligator, 'No, no, it's cool. They said they'd see me later.'" – *Seth Meyers*

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If you had \$25,000 in gold in 2001 at \$290 per oz. you would have over \$100,000 at today's gold prices. Ordering now might be your last chance to own these magnificent government-issued gold coins at this level. Due to an extremely limited supply we must adhere to a strict limit of ten coins per household, per lifetime, no exceptions.

★ **THIS AT-COST PUBLIC OFFER WILL SELL OUT IMMEDIATELY**

Overage orders might be cancelled and your checks returned uncashed

★ **EXPERTS ARE NOW PREDICTING GOLD AT \$5,000 AN OUNCE**

Your \$25,000 could be worth \$125,000 in the near future

★ **PROTECT YOUR WEALTH WITH GOLD AMERICAN EAGLES**

Gold American Eagles are fully backed by the U.S. Government

★ **SPECIAL ARRANGEMENTS AVAILABLE**

Special arrangements now available for orders over \$50,000

WE COMMIT TO YOU THAT THIS OFFER IS WITHOUT HASSLE. NO FINE PRINT TO READ IN ORDER TO UNDERSTAND THE OFFER. NO OTHER PURCHASE IS REQUIRED. THIS IS A SIMPLE INTRODUCTORY OFFER. UP TO TEN COINS FOR \$122.00 PER COIN.

FREE!

A \$65 VALUE ABSOLUTELY FREE!
WITH ALL ORDERS OF FIVE COINS OR MORE...
EXCLUSIVELY THROUGH NATIONWIDE COINS!

2018 Don Everhart

Silver American Eagle

- Absolute Perfect MS70 Condition
- One Troy Ounce of .999 Fine Silver
- Hand Signed by Don Everhart (former US Mint Lead Sculptor)

"I've come to trust Nationwide Coins and so should you."



Don Everhart
US Mint Lead Sculptor-Ret

Prices subject to change due to fluctuations in gold market. Prices will remain at dealer cost.

NATIONWIDE
COIN & BULLION RESERVE



KEY CODE: ALM-180837

24 HOURS A DAY • 7 DAYS A WEEK
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MINIMUM ORDER 5 COINS

You SAVE \$30 at Haband!

Sherpa-lined
FLEECE JACKET

Now Only

19⁹⁹
each
was 49.99

2 for 38.47

Cozy Hood with Drawstrings!

Soft Comfortable Fleece!

2 Deep Hand-Warming Pockets!

Warm Sherpa Lining!

Inside Pocket!

Sizes up to **6XL!**

WINE (14)

HABAND



BLACK (01)

Full Zip Front!

Rugged, Manly Style!

Warm plush polyester sherpa lining extends into the drawstring hood, full zip front, banded bottom & cuffs. Plenty of pockets! Sleeves are lined in a smooth polyester for easy on and off. Machine wash & dry polyester. **Order now!**



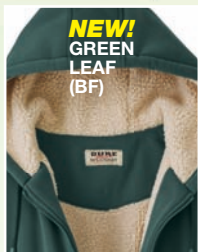
NAVY (03)

Breeze-Blocking Banded Cuffs & Bottom!

2 BRAND NEW COLORS!



NEW!
MEDIUM BLUE (5A)



NEW!
GREEN LEAF (BF)



CHARCOAL (07)

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☐ AmEx

☐ Check

Regular Sizes: S(34-36) M(38-40) L(42-44) XL(46-48)

Big Men (just \$5 more each):
2XL(50-52) 3XL(54-56) 4XL(58-60)
5XL(62-64) 6XL(66-68)

☐ Check for Protection Plus! (X96)

Expedites replacement of items lost in transit. Add \$2.95 to protect your entire order.



7JX-37086

WHAT SIZE? HOW MANY?

14	WINE		
01	BLACK		
03	NAVY		
5A	MEDIUM BLUE		
BF	GREEN LEAF		
07	CHARCOAL		

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